SPECIAL RECIPE COLLECTION COMPILED BY HERMAN LENSING

100
RECIPES

WHAT'S FOR DINNER?

Meals for 4 at R150*

- **versatile chicken** • perfect pasta • **affordable pork**
- simple with beef • **meat-free marvels**

SPAGHETTI WITH BURST TOMATOES p. 10

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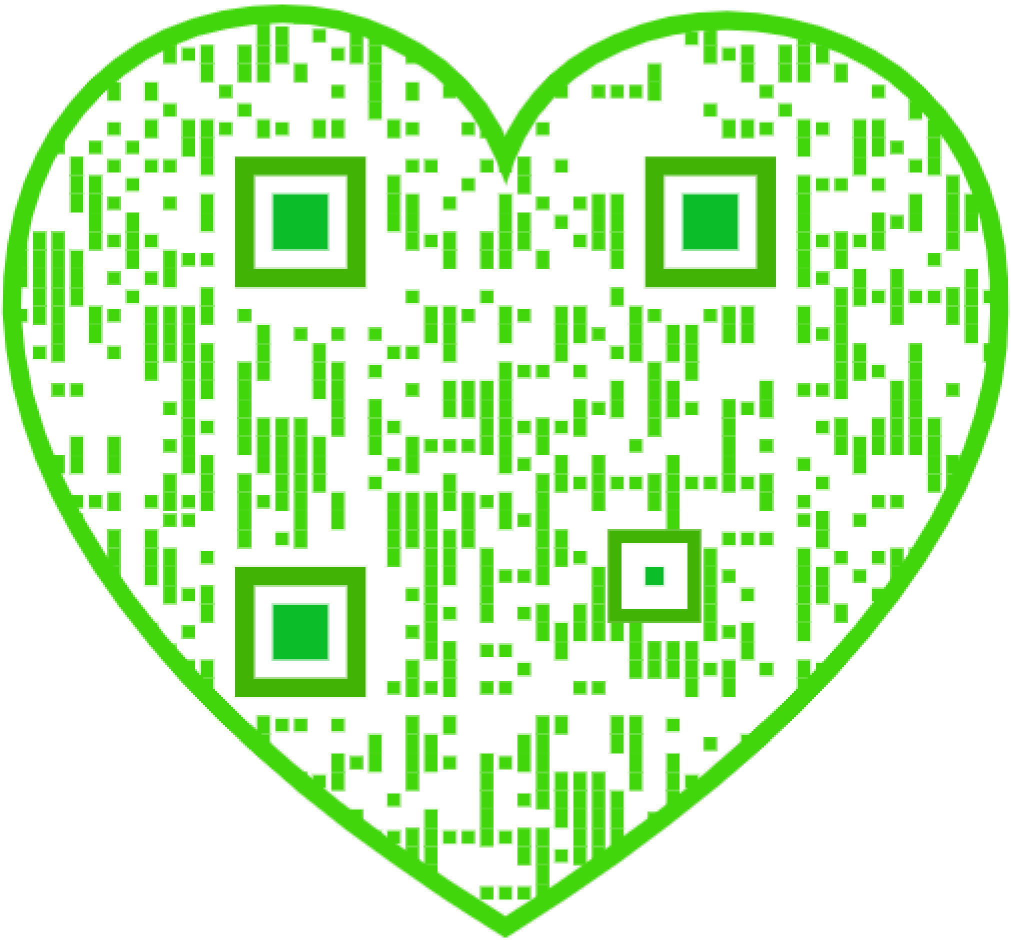
ISSUE 1 2025

WHAT'S FOR DINNER? SPECIAL RECIPE COLLECTION COMPILED BY HERMAN LENSING



BRANDPUBLIC

SCAN FOR RECIPE

Jambon salad

Enjoy delicious fresh flavours with this Jambon salad! This easy-to-make salad is perfect for any occasion and will surely be a hit with family and friends alike.

www.sapork.co.za

PREP TIME **5 MINUTES** COOKING TIME **10 MINUTES**

Fresh pork facts
to surprise you!

LEAN
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IS A GREAT ADDITION TO A
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Lean, fresh pork, consumed in moderation*, can make a good addition to a healthy diet.

In collaboration with
Stellenbosch University's
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*Average portion size 90 g

Please scan to learn more.

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SA PORK

Simply Porkalicious!

The most important question of the day: **"What's for dinner?"** How often do you hear this phrase? If you're anything like me, most conversations with your loved ones begin or end on a similar note. And like you, I don't always have an answer to this question because even I run out of ideas and, yes, I too must pull the purse strings tighter. Often when I invite guests to dinner, they talk about their eating habits and go-to meals. **Midweek dinners.** The conversation goes something like this: "I make a very good _______." And then: "My family loves it." But it always ends like this: "But I am sick and tired of making it!" or "If I have to make it one more time, I am seriously going to lose it!" Others ask, "Can someone please help me with **fresh ideas** that won't break the bank or take forever?" Or: "You know, Herman, you don't have children – you have no idea what I need to get done between breakfast and dinner. Food is the least of my **worries!**"

RECIPES AND STYLING
HERMAN LENSING
ASSISTED BY
VIKAYLA GOVENDER AND DYLAN BUYS
PHOTOS
MICHAEL LE GRANGE

Hearing this breaks my heart because midweek meals should be nutritious – food that feeds the body and mind, food that is cooked with the best ingredients so that we are able to concentrate, sleep well and **feel good about ourselves.** But good food does not have to equate to long lists of ingredients. No, you simply need to work smartly when buying, planning and cooking. And then, of course, there is the question of how we eat the food ...

I firmly believe that when we have one opportunity a day to be **together as a family,** it should not be rushed on a tray in front of the TV. No, it should be a chance to talk about things that matter, listen to one another and share advice where needed. **Weekday meals** happen four times a week (if we exclude Friday nights), so we must ensure that those four meals are something we are grateful to share with our **loved ones**.

So, here it is: **100 of my best dishes** that I reckon will provide an answer to the burning question: "What's for dinner?" Each recipe was developed, tested and written with affordability in mind. Some are vegetarian, others include meat, and several are light and fresh. Because I believe in a **balanced** approach to eating. With **clever buys,** seasonal ingredients and fresh produce, I promise you that eating well won't break the budget.

Make an effort, look one another in the eye, and fill your year with food that will enhance your family time. Consider this book an investment in your **family life**.

Happy cooking and **enjoy** the beauty of simplicity!

Greetings,
Herman

***Eat well for less**
All the recipes in this edition were written and tested with affordability in mind. Buy smartly, choose wisely and you can feast on a shoestring budget. Keep in mind that food prices change quickly and increase daily – but rest assured, your budget won't be under unnecessary strain. We calculated the average price per meal based on the ingredients used in the recipe and not based on the volume that you need to buy.

Cover illustration: gettyimages.com

B BRANDPUBLIC

Irish pork stew with colcannon

Experience the heartwarming flavours of Ireland with our traditional Irish pork stew with colcannon. This stew is the ultimate comfort dish for any chilly night, packed with tender pork, fresh vegetables, and smooth colcannon.

PREP TIME **20 MINUTES** COOKING TIME **90 MINUTES**

SCAN FOR RECIPE

www.sapork.co.za

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WALNUT AND CHEESE PASTA

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SPAGHETTI WITH BURST TOMATOES

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4

BEANS ON TOAST

p. 11

1

WALNUT AND CHEESE PASTA (p. 6)

Nowadays you can buy the most delicious filled pastas in the supermarket. With minimal effort you can prepare a sauce that complements ready-made pasta for a feast that tastes authentic.

Serves 4

- **>> 100 g walnuts**
- **>> 1 handful of fresh Italian parsley**
- **>> 2 garlic cloves, finely chopped**
- **>> 50 g Parmesan, grated, plus extra to serve**
- **>> 150 ml olive oil**
- **>> salt and freshly ground black pepper**
- **>> 250 g packet cheese-filled ravioli**
- **>> 50 g (60 ml) butter**
- **>> 1 handful of fresh basil leaves, roughly torn**

Place walnuts, parsley, garlic, Parmesan and olive oil in a food processor. Purée at high speed until smooth. Season well with salt and pepper. Bring a pot of water to the boil and add ravioli. Wait for 3-4 minutes until it is cooked – the ravioli is ready when the parcels rise to the surface. Meanwhile, heat a skillet over high heat and melt butter in it. Use a slotted spoon to scoop the cooked ravioli from the water and add it to the hot skillet. Fry ravioli for a few minutes until butter starts to brown. Add nut mixture, along with a cup of the water in which you cooked the ravioli. Add basil and gently shake skillet until it is all well combined. Spoon onto a serving platter and serve with fresh Parmesan.

2

SPAGHETTI WITH BURST TOMATOES (p. 7)

Simple yet divine – and so easy to make!

Serves 4

- **>> 400 g packet of spaghetti**
- **>> 200 ml olive oil**
- **>> 6 whole garlic cloves**
- **>> 600 g rosa tomatoes**
- **>> salt and freshly ground black pepper**
- **>> 1 handful of basil leaves, torn**
- **>> 100 g pecorino, grated**

Cook spaghetti according to packaging instructions. Meanwhile, heat olive oil in a pot (it may sound like a lot of oil but it forms the base of the sauce). Add garlic and fry for 3 minutes to add flavour to the oil. Add tomatoes and cook for about 10 minutes – the tomatoes will burst and mix with the oil. Season with salt and pepper. Drain cooked pasta in a colander and add to sauce. Add basil and pecorino. Stir through and serve.

3

CHICKEN SALAD (p. 8)

My shortcut version of coronation chicken, the timeless British salad with its curry-mayo dressing.

Serves 4

- **1 rotisserie chicken (buy it at your supermarket)**
- **250 ml Bulgarian yoghurt**
- **250 ml mayonnaise**
- **10 ml curry powder**
- **30 ml turmeric**
- **1 handful of fresh coriander leaves, chopped**
- **half of a cucumber, diced**
- **4 chopped gherkins**
- **salt and freshly ground black pepper**
- **200 g small rosa tomatoes**
- **salad leaves of your choice**

Shred chicken into large chunks. Combine yoghurt, mayonnaise, curry powder and turmeric in a bowl. Add coriander, cucumber and gherkins. Season with salt and pepper. Serve with rosa tomatoes and salad leaves.

4

BEANS ON TOAST (p. 9)

It may sound simple but this plate is packed with quality ingredients and deliciousness.

Serves 4

- **45 ml olive oil**
- **6 spring onions, sliced**
- **2 garlic cloves, finely chopped**
- **2 small fresh red chillies, finely chopped**
- **1 red pepper, diced**
- **1 yellow pepper, diced**
- **2 x 410 g tins red beans, drained**
- **15 ml balsamic vinegar**
- **salt and freshly ground black pepper**
- **8 slices of bread (2 per person)**
- **400 g mozzarella, sliced**

Heat olive oil in a pan and fry spring onions and garlic for about 2 minutes. Add chillies and peppers. Fry for another 10 minutes. Add beans and balsamic vinegar. Season with salt and pepper, then allow to simmer for 10 minutes. Heat the oven grill until red hot. Meanwhile, toast the bread. Spoon bean mixture onto toast and place mozzarella slices on top. Briefly grill in the oven to allow cheese to melt.

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BEAN CURRY AND RICE

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ORIENTAL PORK KEBABS WITH BUTTERBEAN SALAD

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QUICK PUTTANESCA

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SUNDRIED TOMATO AND ALMOND PASTA

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5

BEAN CURRY AND RICE (p. 12)

I grew up with sweet curry – we called it *boerekerrie*. Pork mince is a more affordable option.

Serves 4

- **45 ml olive oil**
- **2 onions, roughly chopped**
- **2 garlic cloves, chopped**
- **20 ml roasted masala**
- **15 ml ground coriander**
- **45 ml curry powder**
- **10 ml turmeric**
- **500 g pork mince**
- **410 g tin tomatoes**
- **400 g tin coconut milk**
- **salt and freshly ground black pepper**
- **2 x 410 g tins butterbeans, drained**
- **1 handful of fresh coriander leaves, chopped**
- **15 ml apricot jam**
- **steamed rice of your choice**

Heat olive oil in a medium pot. Add onion and garlic and fry for 3-5 minutes or until it starts to brown. Add spices and fry for another minute. Add mince and fry for 5 minutes or until meat has browned. Add tomatoes and coconut milk. Season well with salt and pepper. Lower heat and allow mixture to simmer gently for 25-30 minutes or until thick and creamy. Add beans and allow to simmer for a further 5 minutes. Remove from heat and stir coriander and apricot jam into curry. Season to taste once more. Serve with rice.

TIP It is important to rinse the tinned beans under running water to get rid of the starch before adding it to the curry.

6

ORIENTAL PORK KEBABS WITH BUTTERBEAN SALAD (p. 13)

Pork works well with oriental flavours. I use the loin for these kebabs, but fillet would also work.

Serves 4

- **400 g pork loin, sliced into 2 cm pieces**
- **1 red onion, quartered**
- **1 red pepper, sliced into 2 cm pieces**
- **4 kebab skewers**
- **45 ml honey**
- **60 ml soy sauce**
- **2 garlic cloves, finely chopped**
- **10 ml sesame oil**
- **10 ml rice vinegar**
- **sesame seeds, for sprinkling over**
- **2 heads cos lettuce, torn apart**

BUTTERBEAN SALAD

- **2 x 410 g tins butterbeans, drained**
- **juice and zest of 2 lemons**
- **45 ml white vinegar**
- **1 handful of fresh parsley, finely chopped**
- **salt and freshly ground black pepper.**

Alternately thread pork, onion and peppers onto kebab skewers – it is up to you how many per skewer. Preheat oven to 180 °C. Combine honey, soy sauce, garlic, sesame oil and rice vinegar. Place kebabs in a roasting dish and pour sauce over. Roast in the oven for 15 minutes. Increase heat to 200 °C and roast for a further 8 minutes or until golden brown and crispy. **Butterbean salad** Meanwhile, combine beans, lemon juice and zest, white vinegar and parsley. Season well with salt and pepper. Place cooked kebabs on a serving platter, pour sauce from roasting dish over kebabs and sprinkle sesame seeds over. Serve with butterbean salad and lettuce.

7

QUICK PUTTANESCA (p. 14)

This was the first recipe that I published in 2008 when I joined the SARIE team.

Serves 4

- **200 ml olive oil**
- **16 small rosa tomatoes, halved**
- **16 anchovy fillets**
- **200 g pitted olives**
- **about 30 capers**
- **400 g packet penne pasta**
- **Parmesan or pecorino shavings**
- **salt and freshly ground black pepper**

Heat olive oil in a large skillet. Fry tomatoes for about 5 minutes and then add anchovies, olives and capers, stirring continuously. Cook pasta according to packaging instructions until al dente. Drain pasta and add to tomato mixture. Serve with cheese shavings and season with salt and pepper. (Go easy on the salt – the anchovies are already quite salty.)

8

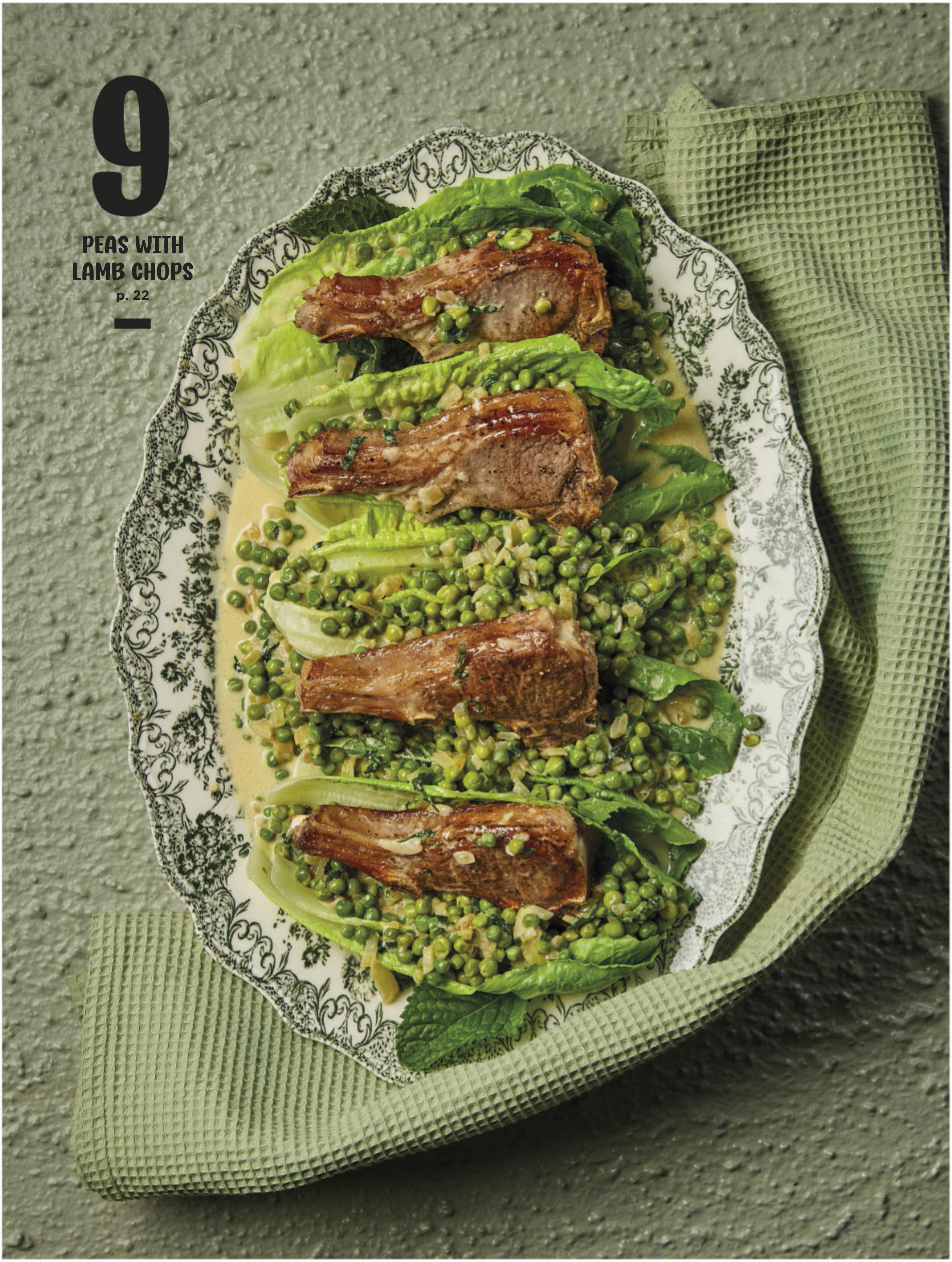
SUNDRIED TOMATO AND ALMOND PASTA (p. 15)

If you like tomato, this is the one for you. The crunchy texture of the almonds takes this dish from ordinary to extraordinary.

Serves 4

- **175 g sundried tomatoes in oil, drained**
- **100 g salted almonds**
- **2 garlic cloves**
- **150 ml olive oil**
- **1 handful of fresh Italian parsley**
- **salt and freshly ground black pepper**
- **6 slices fresh bread, processed into crumbs using a food processor**
- **50 g Parmesan, grated**
- **400 g packet spaghetti**

Preheat oven to 180 °C. Place tomatoes, almonds, garlic, olive oil and parsley in a food processor. Season well with salt and pepper. Purée at high speed until smooth. Place breadcrumbs on a baking sheet and sprinkle half of the Parmesan over. Roast in the oven for 5-8 minutes or until golden brown. Meanwhile, prepare the pasta according to the packaging instructions. Drain pasta, retaining 500 ml of the pasta water. Return cooked pasta to pot, along with tomato mixture and pasta water. Stir through. Spoon onto a serving platter and top with roasted breadcrumbs. Serve with remaining Parmesan.



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OVEN BAKED TOMATO AND OLIVE PASTA

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RICE WITH PORK SAUSAGES AND BACON

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9

PEAS WITH LAMB CHOPS (p. 18)

Turn the classic combination of peas and lamb into a midweek marvel.

Serves 4

- **30 ml butter**
- **2 onions, finely chopped**
- **400 ml chicken stock**
- **600 g frozen peas**
- **250 ml cream**
- **12 lamb chops (3 per person)**
- **juice of 1 lemon**
- **salt and freshly ground black pepper**
- **30 ml olive oil**
- **2 heads of cos lettuce**
- **1 handful of fresh mint leaves**

Melt butter in a pot. Fry onions until soft and translucent. Add chicken stock and bring to the boil. Add peas and cream. Let mixture simmer for about 8 minutes. Meanwhile, sprinkle chops with lemon juice and season with salt and pepper. Heat olive oil and brown chops on both sides. (I prefer my chops medium-rare, which will take about 15 minutes.) Remove cooked meat from pan and keep warm. Quarter lettuce heads. Add mint to pea mixture and stir through. Place lettuce on serving platter and spoon hot pea mixture on top. Season to taste. Serve chops on top of pea mixture.

10

CHICKEN BREASTS WITH CHORIZO AND LENTILS (p. 19)

Inspired by a recipe of food icon Jamie Oliver. Tinned lentils simplify it even more.

Serves 4

- **4 deboned, skinless chicken breasts**
- **juice of 1 lemon**
- **about 30 ml olive oil**
- **1 onion, finely chopped**
- **2 garlic cloves, finely chopped**
- **225 g chorizo, sliced**
- **6 large tomatoes, diced**
- **2 x 400 g tins lentils, drained**
- **150 ml white wine**
- **salt and freshly ground black pepper**
- **2 handfuls of baby spinach**
- **chopped fresh parsley, to garnish**

Marinate chicken breasts in lemon juice for 5 minutes. Heat olive oil in a pot and fry onion and garlic until soft and translucent. Add chorizo and fry for 5 minutes. Add tomatoes, lentils and wine. Season with salt and pepper. Allow to simmer for 10 minutes. Meanwhile, pan-fry chicken breasts – this, too, should take about 10 minutes. Once everything is ready, add chicken and spinach leaves to lentil mixture and stir through. Season to taste and garnish with parsley.

11

OVEN BAKED TOMATO AND OLIVE PASTA (p. 20)

An unbeatable plate without frills: tomatoes, olives and pasta are all you require for a summer feast.

Serves 4

- **>> 500 g fresh cherry tomatoes**
- **>> 3 garlic cloves, finely chopped**
- **>> 6 anchovy fillets, finely chopped**
- **>> olive oil for sprinkling**
- **>> salt and freshly ground black pepper**
- **>> 400 g packet pasta of your choice**
- **>> 170 g black olives, pitted and halved**
- **>> 170 g green olives, pitted and halved**
- **>> 1 handful of fresh basil leaves, roughly chopped**
- **>> 50 g Parmesan, finely grated**

Preheat oven to 180 °C. Place tomatoes, garlic and anchovies on a baking tray and sprinkle a generous amount of olive oil over. Season with salt and pepper. Roast for 15 minutes or until tomatoes start to burst and skins start to brown. Meanwhile, cook pasta according to packaging instructions. Drain and return pasta to pot. Remove tomato mixture from oven and use a potato masher to crush it on the baking tray. Add tomato mixture to pasta, along with the rest of the ingredients. Stir through. Adjust seasoning to taste. Serve hot.

12

RICE WITH PORK SAUSAGES AND BACON (p. 21)

Filling and flavoursome.

Serves 4

- **>> 30 ml olive oil**
- **>> 20 pork chipolatas**
- **>> 250 g streaky bacon, diced**
- **>> 1 onion, finely chopped**
- **>> 2 garlic cloves, finely chopped**
- **>> 1 red pepper, diced**
- **>> 500 ml long-grain white rice**
- **>> 100 ml white wine**
- **>> 410 g tin chopped tomatoes**
- **>> 2,5 ml paprika**
- **>> 5 ml turmeric**
- **>> 2 bay leaves**
- **>> salt and freshly ground black pepper**
- **>> about 1,5 litres chicken stock**
- **>> 1 handful of fresh parsley, chopped**

Heat olive oil in a large pan. Fry chipolatas and bacon for 5 minutes. Add onion, garlic and red pepper. Fry for another 5 minutes. Add rice and season well. Add wine and let it cook off rapidly. Add tomatoes, paprika, turmeric and bay leaves. Season with salt and pepper. Add chicken stock ladle by ladle, stirring occasionally. Cover pan once rice has softened and no stock remains. Allow to simmer gently for 5 minutes. Stir parsley through and serve.

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MEATBALLS IN PESTO MAYONNAISE SAUCE

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EISBEIN BOLOGNAISE (p. 24)

Eisbein is flavoursome, making for a great bolognaise sauce. Buy it cooked from your nearest deli.

Serves 4

- **45 ml olive oil**
- **250 g bacon, roughly chopped**
- **1 onion, finely chopped**
- **2 garlic cloves, chopped**
- **4 cooked eisbeins, meat pulled from the bone**
- **400 g tin cherry tomatoes**
- **250 g tomato paste**
- **3 sprigs fresh thyme, chopped**
- **350 ml red wine**
- **100 g Parmesan, grated**
- **salt and freshly ground black pepper**
- **400 g spaghetti**

Heat olive oil in a medium pot. Add bacon, onion and garlic. Stir fry for 5-8 minutes or until bacon has browned. Add eisbein meat and fry 5-8 minutes or until meat has browned. Add tomatoes, tomato paste, half of the thyme and all the red wine. Stir well and lower the heat. Allow to simmer gently for 15 minutes, stirring every 5 minutes. (The longer the mixture cooks, the tastier the sauce.) Add Parmesan and the rest of the thyme. Stir again. Season well with salt and pepper. Cook pasta according to packaging instructions. Drain and serve with bolognaise and extra Parmesan.

14

APPLE CIDER PORK CHOPS WITH GREEN BEANS (p. 25)

Apple and pork are soulmates. Add a handful of sage and you have a masterpiece!

Serves 4

- **8 large pork chops**
- **45 ml olive oil**
- **salt and freshly ground black pepper**
- **350 g packet French beans**
- **330 ml apple cider**
- **60 ml butter, melted**
- **2 garlic cloves, finely chopped**
- **6 sprigs sage, roughly chopped**

Preheat oven to 220 °C. Heat a griddle pan until smoking hot. Sprinkle olive oil over chops and season well with salt and pepper. Fry chops in hot pan for 2 minutes per side or until grill marks are visible. Place green beans in a roasting dish and place pork chops on top. Pour cider and butter over and top with garlic and sage. Bake in the oven for 10-15 minutes or until pork is cooked through. Serve.

15

CHICKEN PORTIONS IN A CREAMY SAUCE (p. 26)

Chicken thighs are still the cheapest chicken cut available – and the most flavoursome one.

Serves 4

- **>> 1 large splash of olive oil**
- **>> 8 chicken thighs**
- **>> 1 onion, finely chopped**
- **>> 125 ml white wine**
- **>> 3 sprigs fresh rosemary, finely chopped**
- **>> 250 ml sour cream**
- **>> 500 ml chicken stock**
- **>> 250 g punnet sliced white or brown mushrooms**
- **>> salt and freshly ground black pepper**

Heat a large pot over high heat. Pour olive oil in and fry chicken thighs skin side down for 3-4 minutes or until skin is golden brown. Remove chicken from pot. With the heat still high, place onion, white wine and rosemary in pot and scrape the base to deglaze any browned bits that may be stuck. Add sour cream, stock and mushrooms and stir. Place fried chicken in sauce, skin side up. Season well with salt and pepper. Cover pot and lower heat. Let chicken simmer gently in creamy sauce for 20-25 minutes or until the meat falls from the bone. Adjust seasoning to taste. Serve with starch of your choice.

16

MEATBALLS IN PESTO MAYONNAISE SAUCE (p. 27)

The secret is in the sauce. We took a shortcut with store-bought meatballs and put all our effort into the sauce.

Serves 4

- **>> 30 ml olive oil**
- **>> 1 onion, very finely chopped**
- **>> 2 garlic cloves, very finely chopped**
- **>> 18 store-bought meatballs**
- **>> 250 ml mayonnaise**
- **>> 100 ml basil pesto**
- **>> 100 ml water**
- **>> salt and freshly ground black pepper**

CUCUMBER SALAD

- **>> 1 small cucumber, halved and seeds removed**
- **>> juice and zest of 2 lemons**
- **>> 80 ml olive oil**
- **>> 3 fresh fennel stalks with fronds, finely chopped**
- **>> 50 g pecans, finely chopped**

Preheat oven to 180 °C. Heat an ovenproof frying pan over high heat. Pour olive oil into pan and add onion, garlic and meatballs. Stir fry until meatballs have browned evenly. Place pan in oven and roast for a further 5-8 minutes or until meat is done. Meanwhile, combine mayonnaise, pesto and water. Season well with salt and pepper. Remove pan from oven and pour sauce into hot pan. Shake until meatballs are coated. **Cucumber salad** Combine salad ingredients and season with salt and pepper. Serve with meatballs and sauce.

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PORK RASHERS WITH SLAW

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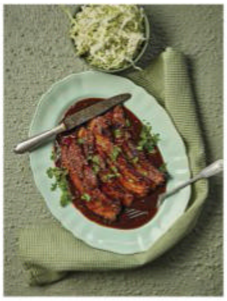

PORK RASHERS WITH SLAW (p. 30)

Who can refuse the winning combo of pork and cabbage?

Serves 4

- 250 ml tomato sauce
- 250 ml peach chutney
- 75 ml soy sauce
- 125 ml Worcestershire sauce
- 2 garlic cloves, finely chopped
- 8 pork belly rashers

SLAW

- 2 baby cabbages
- 4 green apples, skin on
- 30 ml lemon juice
- about 375 ml mayonnaise

Heat the grill element of the oven. Combine tomato sauce, chutney, soy sauce and Worcestershire sauce in a small bowl. Add garlic and mix well. Line a baking tray with tinfoil. Place pork belly rashers in a bowl and pour most of the sauce over the meat. Let it stand for about 30 minutes. Place meat on lined baking tray and grill it in the oven. Flip rashers after about 20 minutes and brush with the remainder of the sauce. Grill further until the meat is done. **Slaw** Halve cabbage heads and slice thinly. Pull cabbage slices apart. Grate apples and immediately drizzle lemon juice over. Add grated apple to cabbage. Add mayonnaise and mix well. Serve slaw with pork rashers.

18

SPATCHCOCKED CHICKEN WITH HERBS (p. 30)

A simple recipe that never disappoints.

Serves 4

- 1 whole chicken
- 115 g (125 ml) softened butter
- 1 handful of fresh soft herbs (parsley, sage and mint), finely chopped
- juice and zest of 2 lemons
- 2 garlic cloves, finely chopped
- 500 ml chicken stock
- salt and freshly ground black pepper
- 3 feta rounds

Preheat oven to 180 °C. Using kitchen scissors, cut out the backbone of the chicken. Turn the bird over and fold out the thighs and drumsticks. Flatten chicken by pressing down on the breast with the palms of your hands. Using your fingertips, loosen the skin on the breast side. Combine butter, herbs, lemon juice and zest, and garlic. Spread butter mixture evenly under chicken skin. Place chicken in a roasting dish, breast side up. Pour stock into dish. Season chicken well with salt and pepper. Cover dish and roast for 30 minutes. Uncover and crumb feta over chicken. Roast for another 20 minutes or until chicken is golden brown and cooked. Serve hot with a side of your choice.

19

PORK BELLY ON SKEWERS (p. 31)

Maple syrup brings out the best in these kebabs. You'll be hard-pressed to find more affordable meat.

Serves 4

- 400 g skinless pork rashers, cubed
- 8 wooden kebab skewers
- 250 ml maple syrup (or honey)
- 15 ml ground black pepper
- 2 garlic cloves, finely chopped
- 30 ml fish sauce
- juice and zest of 3 lemons
- 50 g salted cashews
- steamed rice, to serve

Thread pork onto kebab skewers – it is up to you how many per skewer. Preheat oven to 180 °C. Combine maple syrup, pepper, garlic, fish sauce and lemon juice and zest. Place kebabs in a roasting dish and pour sauce over. Roast in the oven for 15 minutes. Increase heat to 200 °C and roast for a further 8 minutes or until golden brown and crispy. Lift kebabs out and place on a serving platter. Pour sauce in dish over kebabs and sprinkle with cashews. Serve with steamed rice.

20

PARMESAN AND SAGE CRUMBED CHICKEN (p. 31)

This Friday-night treat is always welcome on the menu.

Serves 4

- 140 g (250 ml) cake flour
- 200 g breadcrumbs
- 50 g Parmesan, grated
- 10 sage leaves, finely chopped, plus 6 whole leaves
- 15 ml mustard powder
- salt and freshly ground black pepper
- 12 chicken drumsticks
- 4 eggs
- sunflower oil for deep-frying
- 50 g (55 ml) butter

Combine cake flour, breadcrumbs, Parmesan, chopped sage and mustard. Season well with salt and pepper. Dip chicken pieces in beaten egg and then roll in flour mixture until evenly coated. Heat oil until hot. Fry chicken in oil for 20-25 minutes or until golden brown and done. Drain on kitchen paper. While chicken is frying, melt butter in a clean pot along with whole sage leaves until butter turns golden brown. Place cooked chicken on a serving platter, season once more and spoon sage butter on top. Serve.

21

RAVIOLI WITH TOMATO SAUCE (p. 32)

Readymade ravioli is an affordable way of putting food on the table. The secret is in the sauce.

Serves 4

- 2 red peppers
- olive oil for brushing
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 6 fresh tomatoes, roughly chopped
- 15 ml whole fennel seeds
- salt and freshly ground black pepper
- 250 ml cream
- 500 g packet prepared ravioli of your choice
- Parmesan, to serve

Heat the oven grill. Brush peppers with oil and place on a baking tray in the oven. Grill for 5-8 minutes or until blackened. Place scorched peppers in a dish and cover with clingfilm; allow to cool. Pull blackened skin off peppers and remove seeds. Chop the flesh and place in a medium pot along with onion, garlic, tomatoes and fennel seeds. Bring to the boil and allow to simmer for 5 minutes. Season with salt and pepper. Remove from the heat. Using a stick blender, purée mixture until smooth. Return sauce to the pot. Add cream and stir. Bring to the boil. Prepare ravioli according to packaging instructions. Drain and add ravioli to tomato sauce. Serve hot with Parmesan grated over.

22

OVEN ROASTED CHICKEN WITH BRINJAL SALAD (p. 32)

Veggies and chicken – food fit for a king!

Serves 4

CHICKEN

- 4 chicken drumsticks
- 4 chicken thighs
- about 30 ml olive oil
- 150 ml Worcestershire sauce
- juice of 1 lemon
- 3 garlic cloves, sliced
- salt and freshly ground black pepper
- 1 large onion, sliced into wedges

BRINJAL SALAD

- 30 ml olive oil
- 1 red onion, finely chopped
- 300 g small rosa tomatoes, halved
- 2 garlic cloves, finely chopped
- 1 brinjal, diced

Preheat oven to 200 °C. Place chicken in a roasting dish and pour olive oil, Worcestershire sauce and lemon juice over. Sprinkle garlic over and season with salt and pepper. Tuck onion pieces among chicken portions and cover dish with tinfoil. Roast in oven for 40-45 minutes or until done. Remove tinfoil halfway through the cooking process. **Brinjal salad** Meanwhile, heat olive oil in a deep pan. Add onion and fry until just softened. Add tomatoes and garlic and fry for another 10 minutes. Add brinjal and season with salt and pepper. Fry over low heat until brinjal is tender and cooked. Serve brinjal salad with chicken.

23

RED CURRY NOODLES (p. 33)

Red curry paste – a wonderful shortcut to a flavoursome meal – is readily available in supermarkets.

Serves 4

- **>> 1 splash of olive oil**
- **>> 8 deboned chicken thighs, sliced into quarters**
- **>> 1 onion, finely chopped**
- **>> 60 ml red curry paste**
- **>> 500 ml chicken stock**
- **>> 400 ml tin coconut milk**
- **>> salt and freshly ground black pepper**
- **>> 6 pak choi cabbages**
- **>> 400 g egg noodles**

Heat a skillet over high heat. Pour olive in. Place chicken thighs in skillet, skin side down. Fry for 2-3 minutes or until skin is golden brown. Remove chicken from skillet and set aside. Stir fry onion and curry paste in the same pan for 1 minute. Add stock and coconut milk and stir. Return chicken to sauce and cover pan. Lower the heat and allow chicken to stew slowly for 10-15 minutes or until tender and done. Season well with salt and pepper. Place pak choi on top of chicken and cook for another 2 minutes. Meanwhile, prepare egg noodles according to packaging instructions and drain. Add noodles to chicken in skillet and stir through. Serve.

24

MEATBALL PASTA (p. 33)

Buy prepared meatballs and roll them into smaller portions. That is just about the only effort required!

Serves 4

- **>> 12 store-bought meatballs**
- **>> 1 splash of olive oil**
- **>> 1 onion, finely chopped**
- **>> 2 garlic cloves, finely chopped**
- **>> 410 g tin chopped tomatoes**
- **>> 125 ml red wine**
- **>> salt and freshly ground black pepper**
- **>> 1 handful of fresh basil leaves, roughly chopped**
- **>> 50 g Parmesan, grated**
- **>> 400 g packet pasta of your choice**

Divide meatballs to shape into smaller portions – we divided each one in 3 to form bite-sized meatballs. Heat a large pot over high heat. Pour olive oil in and stir fry onion and garlic for 1 minute. Add tomatoes and red wine and stir. Season well with salt and pepper and bring to the boil. Lower the heat and allow to simmer until sauce has reduced by a third. Add basil and stir. Place meatballs in sauce. Sprinkle Parmesan over and cover pot. Allow to simmer for 10-12 minutes or until meat is done. Meanwhile, cook pasta according to packaging instructions and drain. Add cooked pasta to meatballs and sauce. Stir and serve hot.

> "TAKE A SHORTCUT WITH STORE-BOUGHT MEATBALLS – AN AFFORDABLE OPTION THAT IS READY IN A FLASH !"

BRANDPUBLIC

SCAN FOR RECIPE

www.sapork.co.za

Pork katsu with crispy crackling in the air fryer

Embrace the wonders of air frying with this pork katsu recipe. Air frying offers a healthier, less greasy route to crispy perfection. For the ultimate crackling, ensure your pork is dry before cooking and use a high heat blast at the end.

PREP TIME **20 MINUTES** COOKING TIME **20 MINUTES**

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PORK FILLET ON CREAMY BEANS

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PORK BELLY IN YOUR AIR-FRYER

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INDIAN CHICKEN

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VEGGIE PASTA

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25

PORK FILLET ON CREAMY BEANS (p. 38)

Easy-peasy yet it tastes as though it took hours.

Serves 4

- **>> 2 large pork fillets**
- **>> 60 ml dukkah**
- **>> 1 large splash of olive oil**
- **>> 200 g packet preserved peppers**
- **>> 200 g packet chopped spinach**
- **>> 20 ml whole fennel seeds**
- **>> 2 x 410 g tins of butterbeans**
- **>> juice and zest of 2 lemons**
- **>> salt and freshly ground black pepper**

Roll pork fillets in dukkah. Heat olive oil in a large skillet over high heat and fry fillets for about 3-5 minutes per side or until golden brown – they do not have to be cooked through. Remove meat from skillet and set aside. Place peppers along with the oil from the packet in the hot skillet. Add spinach, fennel seeds, beans and the liquid from the tin, as well as lemon juice and zest. Stir and bring to the boil. Place fillets on top and season well with salt and pepper. Allow to simmer for 5-10 minutes or until meat is cooked through. Serve.

26

PORK BELLY IN YOUR AIR-FRYER (p. 39)

The first time I heard of people making pork belly in an air-fryer I thought the world had gone crazy. But it works like a charm! I simply had to share this recipe again.

Serves 4

- **>> 2 onions, sliced**
- **>> 500 ml apple cider**
- **>> 600 g pork belly with the skin on, deboned**
- **>> coarse salt**
- **>> 15 ml whole fennel seeds**

GREEN SAUCE

- **>> 1 garlic clove**
- **>> 30 ml capers**
- **>> 1 handful of fresh Italian parsley**
- **>> 4 sprigs mint**
- **>> 1 handful of watercress**
- **>> 90 ml olive oil**
- **>> juice and zest of 1 lemon**
- **>> salt and freshly ground black pepper**

Heat air-fryer to 180 °C on air-fry function. Place onions in air-fryer basket and pour in cider. Place pork belly on top of onions, skin side up. Sprinkle a generous amount of coarse salt over the skin and rub it in. Sprinkle fennel seeds over. Return basket to air-fryer and air-fry for 30 minutes. Increase heat to 200 °C and air-fry for a further 10 minutes or until skin is golden brown and crispy. **Green sauce** Meanwhile, place garlic, capers, parsley, mint, watercress and olive oil in a food processor. Pulse until smooth. Spoon into a small bowl and add lemon juice and zest. Season with salt and pepper. Allow pork belly to rest for 5 minutes, cut into slices and serve with green sauce.

27

INDIAN CHICKEN (p. 40)

This is the easiest curry for when you are craving big flavours.

Serves 4

- **>> 4 garlic cloves, finely chopped**
- **>> 2 fresh chillies, finely chopped**
- **>> 1 cm piece of fresh ginger, grated**
- **>> juice and zest of 1 lemon**
- **>> 250 ml yoghurt, plus extra to serve**
- **>> 10 ml ground cinnamon**
- **>> 20 ml ground cumin**
- **>> 10 ml ground coriander**
- **>> 20 ml smoked paprika**
- **>> salt and freshly ground black pepper**
- **>> 15 deboned chicken thighs, quartered**
- **>> olive oil for shallow frying**
- **>> 4 naan breads, to serve, warmed according to packaging instructions**

Combine garlic, chilli, ginger, lemon juice and zest, yoghurt, cinnamon, cumin, coriander and paprika. Season well with salt and pepper. Add chicken pieces and mix well. Let it stand for 10 minutes to marinate. Heat olive oil in a large skillet. Lift chicken pieces out of marinade and shake off any excess. Fry chicken in hot oil for 5-8 minutes per side or until golden brown and done. Serve with extra yoghurt and warm naan.

28

VEGGIE PASTA (p. 41)

Everyone will dig in, the children too – they won't even know this dish is jam-packed with veggies.

Serves 4

- **>> 45 ml olive oil**
- **>> 400 g tender stem broccoli, roughly chopped**
- **>> 2 garlic cloves, chopped**
- **>> 3 anchovy fillets, finely chopped**
- **>> 250 ml plain yoghurt**
- **>> 125 g basil pesto**
- **>> juice and zest of 1 lemon**
- **>> 400 g packet spaghetti**
- **>> 1 fresh red chilli, finely chopped**
- **>> 50 g Parmesan, finely grated**
- **>> salt and freshly ground black pepper**

Heat olive oil in a large skillet and stir fry broccoli, garlic and anchovies until tender and mushy. Remove from heat. Add yoghurt, pesto, lemon juice and zest. Pulse in a food processor until smooth. Cook pasta according to packaging instructions and drain. Add broccoli purée, chilli and half of the Parmesan to cooked pasta. Season well with salt and pepper. Sprinkle remaining cheese on top and serve.

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GREEN PORK CURRY

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CURRIED PORK KEBABS

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PORK BOBOTIE

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FIVE-SPICE KEBABS WITH PICKLED RADISH AND CARROT

p. 49

29

GREEN PORK CURRY (p. 44)

I love a good curry – this green version is a keeper.

Serves 4

- >> **500 g pork mince**
- >> **salt and freshly ground black pepper**
- >> **1 onion, finely chopped**
- >> **2 garlic cloves, finely chopped**
- >> **2 cm piece of fresh ginger, finely grated**
- >> **120 ml green curry paste**
- >> **20 ml fish sauce**
- >> **30 ml olive oil**
- >> **2 x 400 g tins coconut milk**
- >> **1 handful of fresh coriander leaves**
- >> **steamed rice, to serve**

Season pork mince with salt and pepper and shape into bite-sized meatballs (I do not add any binding agents, as pork meat binds itself). Place onion, garlic, ginger, green curry paste and fish sauce in a food processor and pulse until smooth. Heat a medium pot over high heat. Pour in olive oil and add curry mixture. Fry for 2-3 minutes. Add coconut milk and stir. Allow to simmer uncovered for 5 minutes or until sauce has reduced by a third. Place meatballs in curry sauce, lower heat and allow to simmer gently for 10-12 minutes or until meatballs are cooked through. Sprinkle coriander leaves over and serve with rice.

30

CURRIED PORK KEBABS (p. 45)

I use a combination of pork rashers and pork fillet for a juicy kebab bursting with flavour.

Serves 4

- >> **30 ml olive oil**
- >> **2 onions, sliced**
- >> **4 garlic cloves, chopped**
- >> **2 cm piece of fresh ginger, peeled and sliced**
- >> **60 ml mild curry powder**
- >> **6 lemon leaves (yes, from the tree!)**
- >> **400 ml white-wine vinegar**
- >> **100 ml apricot jam**
- >> **450 ml water**
- >> **45 ml cornflour (Maizena)**
- >> **2 large pork fillets, sliced into bite-sized cubes**
- >> **4 smoked, deboned pork rashers, sliced into pieces of the same size as the fillet cubes**
- >> **12 kebab skewers**
- >> **salt and freshly ground black pepper**
- >> **plain yoghurt, to serve**

Heat olive oil in a large pot. Add onions, garlic and ginger. Stir fry for 2 minutes. Add curry powder and fry for another minute. Add lemon leaves, vinegar and apricot jam. Bring to the boil and allow to simmer for 2 minutes. Mix water and cornflour and add to mixture while stirring. Allow to simmer for 5 minutes. Thread meat onto skewers, alternating between fillet and rashers. Place in a metal or glass bowl and season well with salt and pepper. Pour hot curry sauce over meat and marinate for 24 hours. Braai over hot coals until golden brown and cooked. Serve with yoghurt.

31

PORK BOBOTIE (p. 46)

Using pork makes this bobotie much more affordable.

Serves 4

MINCE FILLING

- >> **40 ml butter**
- >> **1 large onion, chopped**
- >> **2-3 garlic cloves, mashed**
- >> **30 ml mild curry powder**
- >> **10 ml ground turmeric**
- >> **60 ml lemon juice**
- >> **500 g pork mince**
- >> **2 slices white bread, soaked in a bit of milk**
- >> **1 Granny Smith apple, peeled and grated**
- >> **1 ripe banana, mashed**
- >> **50 ml white wine**
- >> **85 g (140 ml) pitted raisins**
- >> **45 ml apricot jam**
- >> **salt and freshly ground black pepper**

EGG CUSTARD

- >> **3 eggs**
- >> **250 ml milk**

Mince filling Preheat oven to 180 °C. Heat a medium pot over high heat. Add butter, onion and garlic to pot and stir fry for 5 minutes or until onion is translucent. Add curry powder, turmeric and lemon juice. Stir fry for a further 3 minutes or until aromatic. Add mince, mix well and fry for 10 minutes, stirring every 2 minutes to break up the meat. Drain soaked bread and mash it. Stir bread into the mince mixture. Add apple, banana, white wine, raisins and apricot jam. Stir and season with salt and pepper. Use a spoon to heap most of the mince in the centre of the pot so that the egg custard can well up at the edges. **Egg custard** Whisk eggs and milk. Pour over mince mixture in pot. Bake in oven for 25 minutes or until custard has set.

32

FIVE-SPICE KEBABS WITH PICKLED RADISH AND CARROT (p. 47)

This aromatic spice mixture adds instant flavour to food.

Serves 4

- >> **12 deboned chicken thighs, each cut into 3 pieces**
- >> **4 wooden kebab skewers**
- >> **150 ml oyster sauce**
- >> **10 ml Chinese five-spice mixture**
- >> **15 ml finely grated fresh ginger**
- >> **3 spring onions, finely chopped**
- >> **1 handful of fresh coriander leaves, finely chopped**
- >> **salt and freshly ground black pepper**

PICKLE

- >> **60 ml white-wine vinegar**
- >> **60 g brown sugar**
- >> **25 ml honey**
- >> **1 fresh red chilli, finely chopped**
- >> **2 carrots (150 g), sliced**
- >> **8 radishes, cut into paper-thin slices**

Preheat oven to 220 °C. Thread chicken thighs onto kebab skewers – 3 per skewer. Combine oyster sauce, five-spice mixture, ginger, spring onions and coriander. Set sauce mixture aside. Place kebabs on a grid in a roasting dish and season well with salt and pepper. Spoon sauce mixture over kebabs and, using your fingertips, rub it into the chicken. Oven roast for 25-30 minutes or until golden brown and cooked. **Pickle** Meanwhile, bring vinegar, sugar, honey and chilli to the boil. Pour over carrots and radishes and stir through. Serve with kebabs.

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MUSTARD AND PORK BANGER PASTA

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PIE WITH MUSHROOMS, LEEK AND BACON

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PORK SCHNITZEL IN YOUR AIR-FRYER

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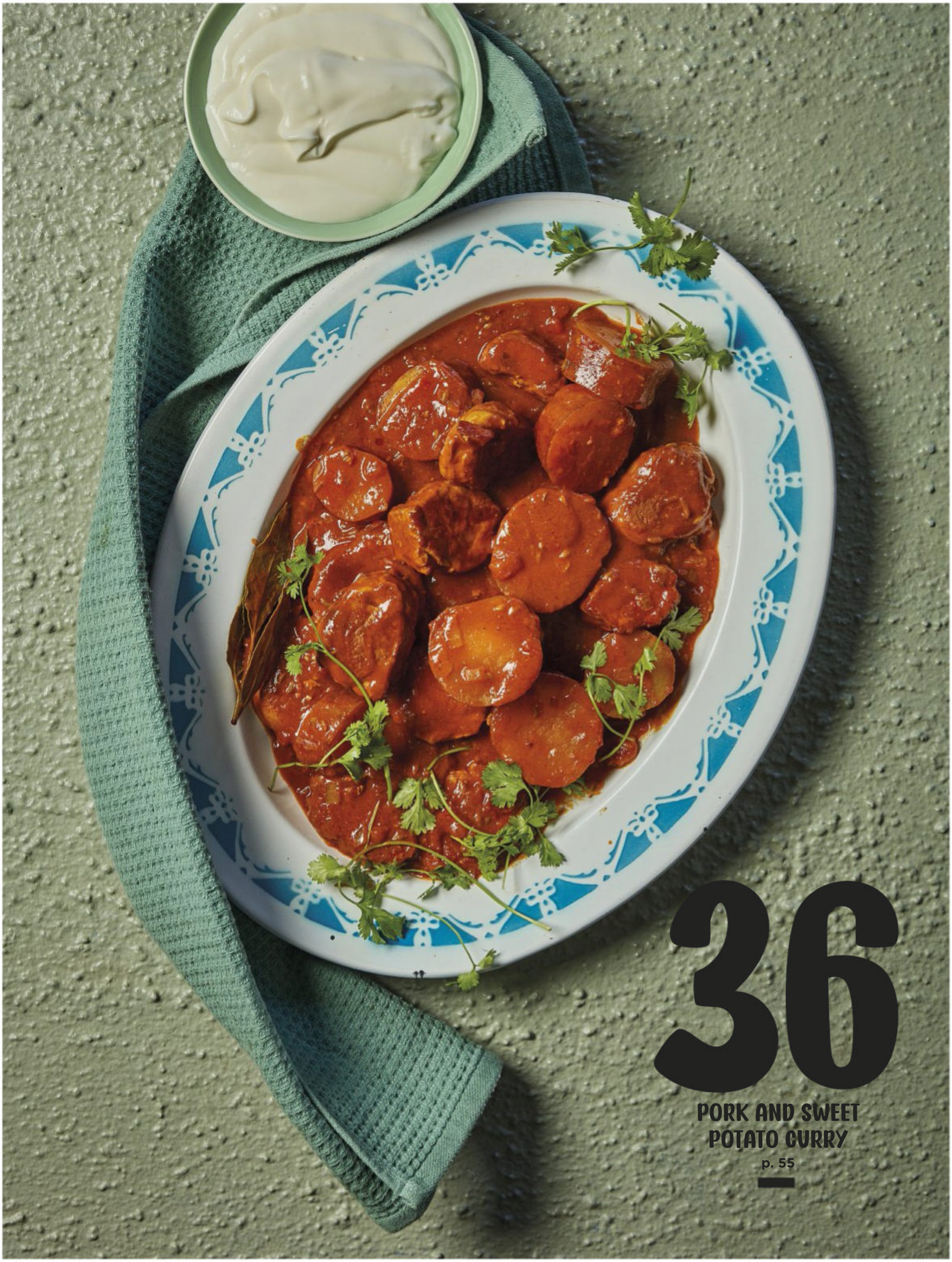

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PORK AND SWEET POTATO CURRY

p. 55

33

MUSTARD AND PORK BANGER PASTA (p. 50)

Sausage meat has been my best shortcut for ages. Here is another recipe that will soon become a favourite.

Serves 4

>> 1 generous splash of olive oil
>> 1 onion, finely chopped
>> 2 garlic cloves, finely chopped
>> 8 (500 g) herbed pork bangers, meat removed from casing
>> 30 ml grainy mustard
>> 15 ml Dijon mustard
>> 500 ml cream
>> 125 ml white wine
>> 400 g linguini
>> salt and freshly ground black pepper

Heat a large pot over high heat and add olive oil. Stir fry onion and garlic for about 2 minutes or until onion starts to brown. Add banger meat and stir fry until meat becomes grainy, about 3 minutes. Add the mustard, cream and wine. Stir and bring to the boil. Lower heat and let it simmer for about 10-12 minutes or until liquid has reduced by half. Meanwhile, cook the pasta according to packaging instructions. Drain and add to hot meat sauce. Season well with salt and pepper. Serve.

34

PIE WITH MUSHROOMS, LEEK AND BACON (p. 51)

This pie can hold its own on any table, but it is best served midweek, as it holds the promise of a Sunday roast around the corner ...

Serves 4

>> 30 ml olive oil
>> 250 g streaky bacon, finely diced
>> 200 g leeks, sliced
>> 500 g white mushrooms, quartered
>> 2 cloves garlic, finely chopped
>> 500 ml cream
>> salt and freshly ground black pepper
>> 2 medium potatoes, peeled and diced
>> 15 ml cornflour (Maizena)
>> 45 ml water
>> 1 handful fresh basil leaves, roughly torn
>> 400 g roll of puff pastry, thawed
>> 1 beaten egg

Preheat oven to 200 °C. Heat olive oil in a deep pan. Add bacon and fry until just crispy. Add leeks and fry until softened. Add mushrooms and garlic and fry about 10 minutes. Add cream and season with salt and pepper. Add potatoes and let it simmer uncovered until potatoes are tender – about 15-20 minutes. Combine cornflour with water to make a smooth paste and add it to the sauce to thicken it. Let it cool slightly and then stir basil leaves through. Spoon into four ovenproof ramekins. Cut pastry into four pieces and use it to cover the ramekins. Brush pastry with beaten egg and bake in the oven for about 40 minutes until the crust is golden brown and crispy.

35

PORK SCHNITZEL IN YOUR AIR-FRYER (p. 52)

Make your own schnitzels – it is more affordable, and it tastes better too.

Serves 4

- **>> 4 pork steaks without fat**
- **>> salt and freshly ground black pepper**
- **>> 2 eggs, beaten**
- **>> 70 g (125 ml) cake flour**
- **>> 100 g (500 ml) dried coarse breadcrumbs**
- **>> olive oil for sprinkling**
- **>> lemon wedges, to serve**

MUSHROOM SAUCE

- **>> 30 ml olive oil, plus extra for sprinkling**
- **>> 250 g brown mushrooms, chopped**
- **>> 1 onion, finely chopped**
- **>> 500 ml cream**

Place steaks between two layers of clingfilm, one at a time. Using a rolling pin, bash them to a thickness of about 5 mm. Season well with salt and pepper. Dip each schnitzel in egg, then in flour, again in egg, and lastly in breadcrumbs. Let it rest in the fridge for 1 hour (this will ensure that the crumbs cling to the meat). **Mushroom sauce** Heat a medium pot over high heat. Pour olive oil into pot and stir fry mushrooms and onion for 2-3 minutes or until mushrooms have browned and are done. Add cream and let it simmer until the sauce thickens, about 5-8 minutes. Season well with salt and pepper; set aside. Heat air-fryer to 200 °C on air-fry function. Place schnitzels in air-fryer basket and sprinkle with olive oil. Air-fry for 25 minutes, flipping schnitzels halfway through cooking time. Serve cooked schnitzels with mushroom sauce and lemon wedges.

36

PORK AND SWEET POTATO CURRY (p. 53)

This oven baked curry is inspired by the classic butter curry made with chicken.

Serves 4

- **>> 45 ml olive oil**
- **>> 1 onion, finely chopped**
- **>> 30 ml whole fennel seeds**
- **>> 30 ml chilli flakes**
- **>> 45 ml roasted masala**
- **>> 20 ml turmeric**
- **>> 2 bay leaves**
- **>> 410 g tin coconut milk**
- **>> 410 g tin chopped tomatoes**
- **>> 410 g tin tomato purée**
- **>> 12 sweet potato slices, skin on**
- **>> 2 pork fillets, cut into 2 cm slices**
- **>> 1 handful of fresh coriander leaves, finely chopped**
- **>> salt and freshly ground black pepper**

Preheat oven to 180 °C. Heat olive oil in a large ovenproof frying pan. Add onion, fennel seeds and chilli flakes. Stir fry for 5 minutes or until onions start to brown – add a bit of water if it looks as though the spices might burn. Add the rest of the spices and stir fry another five minutes or until mixture is aromatic. Add coconut milk, tomatoes and tomato purée. Stir through. Place sweet potato rings and pork slices in sauce and cover the frying pan. Bake in hot oven for 20-25 minutes or until a thick, creamy sauce forms. Stir coriander leaves into curry. Season well with salt and pepper and serve hot.

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PORK CHOPS IN CREAM WITH PEARS

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MACARONI AND CHEESE

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SWEET PEPPER MEATBALLS

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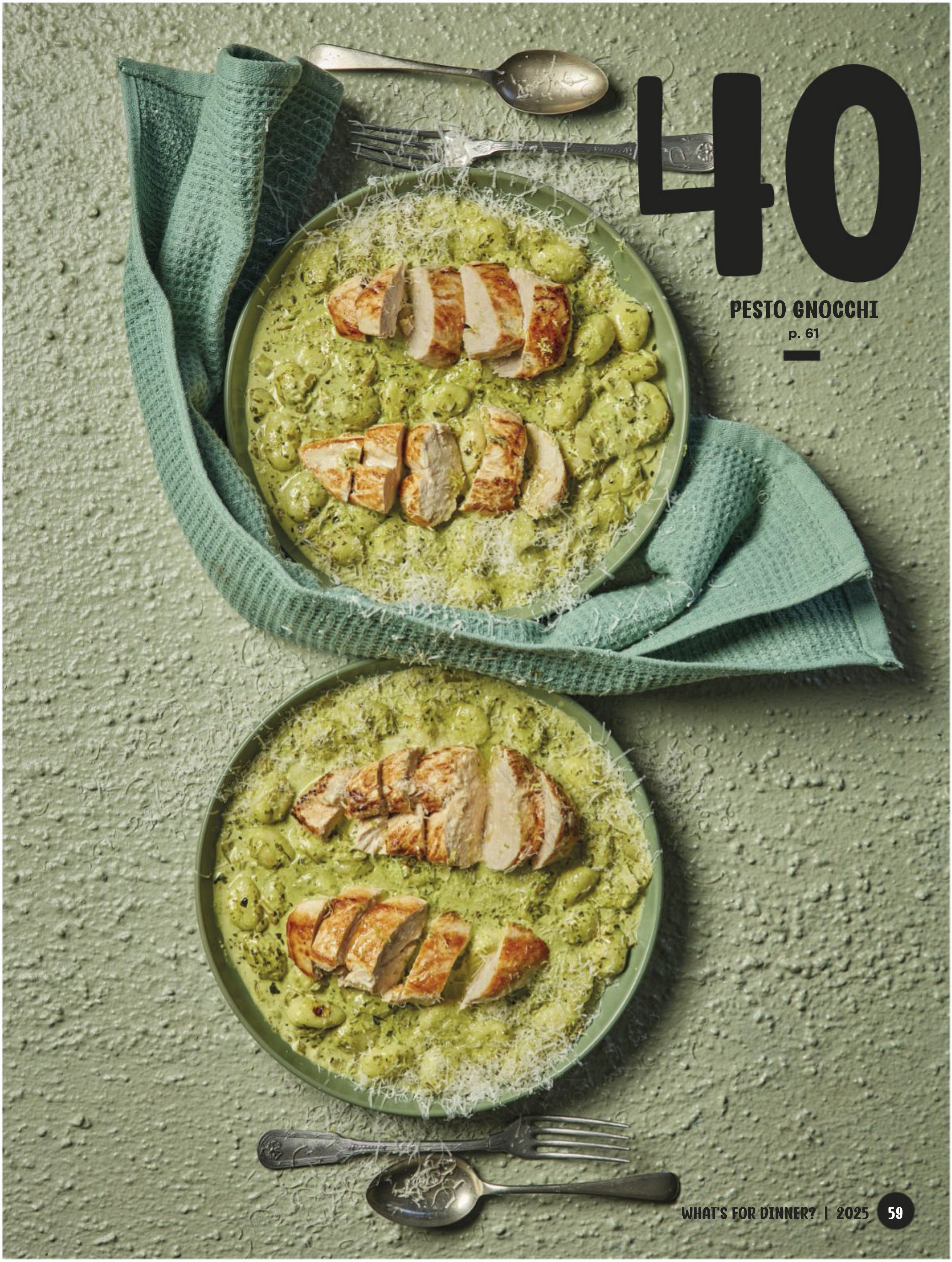

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PESTO GNOCCHI

p. 61

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PORK CHOPS IN CREAM WITH PEARS (p. 56)

Pear, apple, sage and mustard are the inner circle of pork. They mingle for hours, and one wonders how the friendship works, but it simply *works*. This dish is easy to prepare and doesn't leave you with a lot of dirty dishes.

Serves 4

- **45 ml olive oil**
- **8 pork loin chops**
- **3 garlic cloves, chopped**
- **2 onions, sliced**
- **salt and freshly ground black pepper**
- **60 ml grainy mustard**
- **3 sprigs fresh thyme**
- **4 pears, halved and cored**
- **350 ml bottle apple cider**
- **250 ml cream**

Preheat oven to 180 °C. Heat olive oil in a medium ovenproof pot and fry chops until they are golden brown and sealed. Remove chops from pot and fry garlic and onions in pot until it starts to brown. Place pork chops on top and season well with salt and pepper. Rub grainy mustard over meat. Place thyme and pears on top of chops. Add apple cider and cream. Season once more. Place pot in oven and bake for 20-25 minutes or until chops are cooked through and pears are tender, but still firm. Serve hot.

38

MACARONI AND CHEESE (p. 57)

A delectable one-pot dish.

Serves 4

- **500 g macaroni**
- **750 ml water**
- **500 ml milk**
- **10 ml Dijon mustard**
- **200 g packet diced bacon**
- **4 cups of grated Cheddar**
- **salt and freshly ground black pepper**
- **6 slices fresh bread, crumbed in a food processor**
- **olive oil for sprinkling**

Place macaroni, water, milk, mustard and bacon in a medium pot. Stir and bring to a boil over high heat. Stir every 5 minutes until pasta is cooked and liquid has reduced by half. Remove the pot from the heat and add cheese. Season well with salt and pepper. Stir with a wooden spoon until creamy. Place breadcrumbs in a hot skillet and sprinkle with olive oil. Roast crumbs until golden brown. Season with salt and pepper. Spoon creamy pasta into a serving bowl and sprinkle breadcrumbs on top. Serve.

39

SWEET PEPPER MEATBALLS (p. 58)

Serve store-bought meatballs with an aromatic sauce for an easy weeknight dinner solution.

Serves 4

- **>> 1 onion, finely chopped**
- **>> 2 garlic cloves**
- **>> 2 red peppers, seeds removed**
- **>> 6 tomatoes**
- **>> 10 ml whole fennel seeds**
- **>> 250 ml cream**
- **>> salt and freshly ground black pepper**
- **>> 12 store-bought meatballs**

Place onion, garlic, peppers, tomatoes and fennel seeds in a food processor and purée at high speed until smooth. Turn out into a medium pot and bring to a boil. Let it simmer until sauce has reduced by half, about 5-6 minutes. Stir occasionally. Add the cream. Season well with salt and pepper and stir. Place meatballs in sauce and cover pot. Lower heat and let it stew slowly for 10-12 minutes or until meatballs are tender and cooked. Serve with starch of your choice.

40

PESTO GNOCCHI (p. 59)

Delicious and affordable ... and packed with goodness.

Serves 4

- **>> 1 generous splash of olive oil**
- **>> 12 thin chicken breast fillets**
- **>> 1 onion, finely chopped**
- **>> 2 garlic cloves, finely chopped**
- **>> 400 g store-bought gnocchi**
- **>> 250 ml cream**
- **>> 170 g tub of basil pesto**
- **>> salt and freshly ground black pepper**
- **>> 150 g mozzarella, grated**

Heat olive oil in a skillet. Add chicken and fry for 1-2 minutes until brown. Remove chicken from skillet. Stir fry onion and garlic for 1-2 minutes in a hot skillet or until onion starts to brown. Prepare gnocchi according to packaging instructions and drain. Add cream and pesto to onion mixture and stir through. Add fried chicken and gnocchi. Season with salt and pepper and stir. Turn out onto a serving platter and sprinkle mozzarella on top. Wait a few minutes for the heat to melt the cheese or briefly place under the hot oven grill. Serve.

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HOT PORK SALAD

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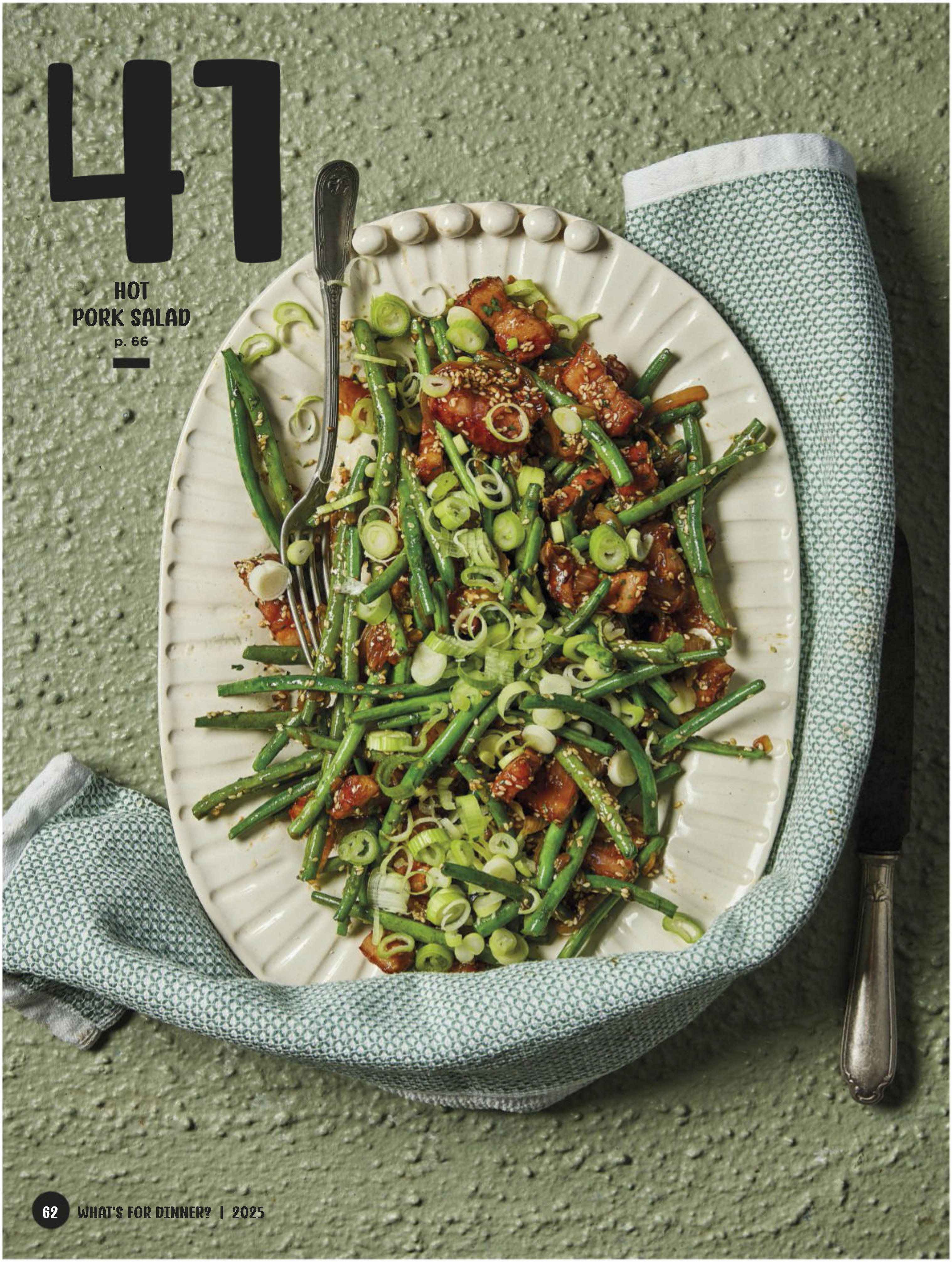

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LENTIL CURRY

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GREEN PASTA

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EASY PORK PIES

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HOT PORK SALAD (p. 62)

Pork rashers are a good friend in the kitchen: They are affordable and easy to prepare.

Serves 4

- **>> 45 ml olive oil**
- **>> 2 onions, finely chopped**
- **>> 1 garlic clove, chopped**
- **>> 1 cm piece of fresh ginger, finely grated**
- **>> 500 g smoked pork rashers, cubed**
- **>> 60 ml sweet soy sauce**
- **>> 1 chilli, chopped**
- **>> 300 g packet French beans, ends cut off**
- **>> 45 ml sesame seed**
- **>> 1 handful of fresh coriander leaves, finely chopped**
- **>> 2 spring onions, chopped**

Heat olive oil in a large skillet. Add onions, garlic and ginger. Stir fry for 5-8 minutes or until onion is crispy. Add pork cubes and fry for another 10-15 minutes or until fat has rendered and meat is golden brown and crispy. Add soy sauce and chilli and stir. Fry for 5-6 minutes or until a sticky sauce forms. Add green beans and sesame seed and fry for another minute. Add coriander leaves and stir through. Sprinkle spring onions on top and serve.

42

LENTIL CURRY (p. 63)

It is our duty to go easy on the meat from time to time.

Serves 4

- **>> 1 splash of olive oil**
- **>> 1 onion, finely chopped**
- **>> 2 garlic cloves, finely chopped**
- **>> 10 ml fresh ginger, finely chopped**
- **>> 10 ml whole cumin seeds**
- **>> 45 ml garam masala**
- **>> 400 g (500 ml) brown lentils**
- **>> 2 x 410 g tins coconut milk**
- **>> salt and freshly ground black pepper**
- **>> naan breads and yoghurt, to serve**

Heat olive oil in a large pot over high heat. Add onion, garlic, ginger, cumin and masala. Stir fry 1-2 minutes or until aromatic. Add lentils and fry for another minute. Add coconut milk and stir. Lower heat and let it simmer until lentils are tender and cooked, about 15-20 minutes. Stir from time to time. Remove from heat and season well with salt and pepper. Serve hot with naan bread and spoonfuls of yoghurt.

43

GREEN PASTA (p. 64)

Use spinach to make this pasta sauce – your children will never guess that they are eating veggies.

Serves 4

- **1 large splash of olive oil**
- **1 onion, finely chopped**
- **2 garlic cloves, finely chopped**
- **3 anchovies, finely chopped**
- **250 g packet rinsed spinach**
- **250 ml cream**
- **juice and zest of 3 lemons**
- **400 g packet pasta of your choice**
- **salt and freshly ground black pepper**
- **Parmesan, to serve**

Heat a medium pot over high heat. Pour olive oil into pot and stir fry onion, garlic and anchovies for 2-3 minutes or until onion starts to brown. Add spinach and cover pot. Let the spinach steam for 5 minutes. Add cream and bring to a boil. Remove from heat and add lemon juice and zest. Bring a pot of water to a boil and cook pasta according to packaging instructions. Use a stick blender to purée spinach mixture. Season well with salt and pepper. Drain pasta and add it to the green sauce. Stir through and serve with Parmesan.

44

EASY PORK PIES (p. 65)

My version of a recipe that Barbara Joubert shared with me years ago.

Serves 4

- **2 sheets (400 g each) shortcrust pastry**
- **8 slices sandwich ham**
- **8 large herbed pork bangers**
- **1 egg, beaten**
- **piccalilli, gherkins and pickled onions, to serve**

Preheat oven to 180 °C. Cut 8 circles with a 9 cm diameter from the pastry. Line a greased standard muffin tin with pastry circles. Place a slice of ham in each hollow. Squeeze the contents of a pork banger onto each slice of ham. Cut 8 circles with a 7 cm diameter from the rest of the pastry and place one on top of each filling. Press the pastry edges of the pies together and brush the tops with beaten egg. Make a small hole in the top of each pie. Bake in the oven for 35-40 minutes. Remove from the oven and let it cool. Serve with piccalilli, gherkins and pickled onions.

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AFRICAN CHICKEN WITH SWEET POTATOES

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MEATBALLS ON TOAST

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TUNA AND CHILLI PASTA

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PORK MEATBALLS IN A CREAMY SAUCE

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AFRICAN CHICKEN WITH SWEET POTATOES (p. 68)

The flavour of harissa never seizes to excite me – especially in winter.

Serves 4

- **>> 1 whole chicken**
- **>> 1 splash of olive oil**
- **>> 1 onion, finely chopped**
- **>> 2 garlic cloves, finely chopped**
- **>> 100 ml harissa paste (look on the pesto shelf)**
- **>> 250 ml cream**
- **>> 250 ml chicken stock**
- **>> 4 sweet potatoes, cut into 2 cm rings**
- **>> salt and freshly ground black pepper**

Heat a large skillet over high heat. Using kitchen scissors, cut out the backbone of the chicken. Turn the bird over and fold out the thighs and drumsticks. Flatten chicken by pressing down on the breast with the palms of your hands. Pour olive oil into skillet and place chicken in hot pan, skin side down. Fry for 2-3 minutes or until skin is golden brown. Remove chicken from pan and set aside. Fry onion, garlic and harissa in the same skillet until aromatic. Add cream and stock and stir. Place the sweet potatoes in the sauce. Place fried chicken on top and season well with salt and pepper. Cover pan and allow chicken to stew for 15-20 minutes or until tender and done. Add more water if it looks as though it might boil dry. Serve hot with starch of your choice.

46

MEATBALLS ON TOAST (p. 69)

As a child, I used to make this with leftover meatballs. Nowadays, I jazz it up with a creamy sauce and mushrooms.

Serves 4

- **>> 30 ml olive oil**
- **>> 16 store-bought meatballs**
- **>> 200 g brown mushrooms, sliced**
- **>> 250 ml cream**
- **>> 100 ml beef stock**
- **>> salt and freshly ground black pepper**
- **>> butter, to spread on bread**
- **>> 12 slices ciabatta**
- **>> 30 g Parmesan, to grate over**

Heat a skillet over high heat and add half of the olive oil. Fry meatballs until golden brown all over, about 1-2 minutes per side. Remove meatballs from skillet and set aside. In the same skillet, still over high heat, add the rest of the olive oil and the mushrooms. Fry for 2-3 minutes or until mushrooms are golden brown. Add cream and stock. Season with salt and pepper. Bring to the boil and place fried meatballs in sauce. Let it simmer for 4-5 minutes or until meatballs are cooked through. Meanwhile, butter ciabatta slices on both sides and fry in a hot pan until golden brown, about 1-2 minutes per side. Place toast on a serving plate. Spoon meatballs and sauce onto toast and grate Parmesan on top. Serve.

47

TUNA AND CHILLI PASTA (p. 70)

Always buy tuna that has been caught in a dolphin friendly manner.

Serves 4

- **400 g rotelle**
- **45 ml olive oil**
- **1 onion, chopped**
- **2 cloves garlic, finely chopped**
- **225 g chorizo, sliced**
- **2 x 170 g tins tuna pieces in water, drained**
- **45 ml grainy mustard**
- **1 red chilli, finely chopped**
- **250 ml plain yoghurt**
- **125 ml crème fraîche**
- **salt and freshly ground black pepper**
- **Parmesan, to serve**

Cook pasta according to packaging instructions, drain and set aside. Heat oil in a large skillet and add onion, garlic and chorizo. Fry for 5-8 minutes or until sausage starts to brown. Remove from heat. Add pasta and tuna. Stir through. Combine mustard, chilli, yoghurt and crème fraîche. Add to pasta and stir through. Season well with salt and pepper. Sprinkle Parmesan over and serve.

48

PORK MEATBALLS IN A CREAMY SAUCE (p. 71)

The mother of all meatballs, baked in a creamy sauce brim-full of flavour. Serve with steamed rice for a nostalgic treat.

Serves 4

- **6 thick slices white bread, crusts removed**
- **50 ml milk**
- **1 egg**
- **500 g pork mince**
- **60 ml vinegar**
- **15 ml Worcestershire sauce**
- **125 ml fresh parsley, chopped**
- **1 onion, grated**
- **15 ml salt**
- **15 ml ground coriander**
- **2,5 ml mild curry powder**
- **a few twists of freshly ground black pepper**
- **45 ml softened butter**
- **250 ml cream**
- **grated Parmesan, to serve**

Preheat oven to 180 °C. Soak bread in milk for 5 minutes and then mash it thoroughly with a fork. Add the rest of the ingredients, except the butter, cream and Parmesan, and mix well with a fork. Make 16-20 meatballs – I use an ice cream scoop to measure out portions, so that they are all the same size. Place in a greased ovenproof dish (not too close together) and dot with butter. Pour cream over and oven roast for 25 minutes until golden brown. Sprinkle with parmesan and then oven roast for another 8 minutes or until cheese has melted. Serve hot.

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BACON AND BUTTERNUT SOUP

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BEEF SATAY WITH CUMIN RICE

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CAULIFLOWER AND CHICKPEA CURRY

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NOODLES WITH SAUSAGE MEAT

p. 79

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BACON AND BUTTERNUT SOUP (p. 74)

There is something special about a bowl of hot soup on a cold winter night ...

Serves 4

- **>> 1 splash of olive oil**
- **>> 1 onion, finely chopped**
- **>> 200 g diced bacon**
- **>> 2 garlic cloves**
- **>> 15 ml smoked paprika**
- **>> 500 g diced butternut**
- **>> 1 litre chicken stock**
- **>> juice and zest of 2 lemons**
- **>> salt and freshly ground black pepper**
- **>> bread of your choice, to serve**

Heat a medium pot over high heat. Pour olive oil into pot and stir fry onion, bacon, garlic and paprika for 1-2 minutes or until bacon is crispy. Add butternut and fry for another minute. Add stock and stir. Let it simmer for 10-12 minutes or until butternut is tender and mushy. Add lemon juice and zest. Purée with a stick blender and season well with salt and pepper. Serve hot with bread.

50

BEEF SATAY WITH CUMIN RICE (p. 75)

Scrumptious and glamorous! The rice is flavoursome and heavenly with curries and stews. Go on, try it: It is one of those must-have recipes.

Serves 4

- **>> 500 g beef or pork cubes**
- **>> 4 wooden kebab skewers**
- **>> 80 ml sweet soy sauce**
- **>> 45 ml olive oil**
- **>> 2 fresh red chillies, finely chopped**
- **>> 2 cm piece of fresh ginger, grated**
- **>> 2 garlic cloves, finely chopped**
- **>> juice and zest of 2 lemons**
- **>> salt and freshly ground black pepper**
- **>> 40 ml butter**
- **>> 30 ml whole cumin seeds**
- **>> 250 ml long grain white rice**
- **>> 500 ml chicken stock**

Skewer the meat. Combine soy sauce, olive oil, chillies, ginger, garlic, and lemon juice and zest. Place kebabs in a shallow glass dish and pour sauce over. Season well with salt and pepper. Allow to marinade while making the cumin rice: Heat butter in a medium skillet until hot. Add cumin and rice and stir fry for 2-3 minutes until rice starts to brown. Add stock and lower the heat. Allow to simmer gently for 10-12 minutes or until rice is cooked. Season well with salt and pepper. Meanwhile, cook the kebabs: Heat a griddle pan over high heat until smoking hot. Fry kebabs for about 5 minutes per side for medium meat, or longer as you prefer. Serve kebabs with cumin rice.

TIP Make the dish extra special by adding a handful of pomegranate arils. They look fantastic and enhance the flavours of the food.

51

CAULIFLOWER AND CHICKPEA CURRY (p. 76)

Meat on the table is not a must. Well-prepared veggies are equally scrumptious and satisfying.

Serves 4

- **1 generous splash of olive oil**
- **1 onion, finely chopped**
- **30 ml roasted masala**
- **410 g tin coconut milk**
- **410 g tin tomato purée**
- **410 g tin chopped tomatoes**
- **2 x 350 g packets of cauliflower pieces**
- **410 g tin chickpeas, drained**
- **salt and freshly ground black pepper**
- **steamed rice and yoghurt, to serve**

Heat a large pot over high heat. Pour olive oil into pot and stir fry onion and masala for 1-2 minutes or until aromatic. Add coconut milk, tomato purée and chopped tomatoes. Stir and let it simmer for 5-8 minutes or until sauce has reduced by a third. Add cauliflower and chickpeas and stir. Cover pot and let it simmer for 10 minutes or until cauliflower is tender but not mushy. Season with salt and pepper. Serve with rice and yoghurt.

52

NOODLES WITH SAUSAGE MEAT (p. 77)

I often use oriental egg noodles for midweek meals. These are ready in a flash and very affordable too.

Serves 4

- **1 generous splash of olive oil**
- **500 g boerewors, meat removed from casing**
- **1 garlic clove, finely chopped**
- **15 ml grated fresh ginger**
- **1 fresh red chilli, chopped**
- **60 ml sweet soy sauce**
- **180 g packet French beans, finely chopped**
- **200 g egg noodles**
- **salt and freshly ground black pepper**

Heat olive oil in a pot large enough that the sausage meat can be fried until crispy rather than steamed. Add meat, garlic, ginger and chilli to hot oil and stir fry for 5-8 minutes or until meat granules are separated and browned – the crispier, the better. Add soy sauce and green beans and stir. Lower the heat and cover pot. Allow to steam for 3-5 minutes or until the green beans are tender and cooked. Meanwhile, submerge egg noodles in boiling water and microwave on high for 2 minutes. Drain cooked noodles and add to mince mixture. Stir. Taste and season with salt and pepper (keep in mind that soy sauce is salty). Serve.

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SORT OF NIÇOISE SALAD

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ONION AND OLIVE PASTA WITH CARAMELISED BACON

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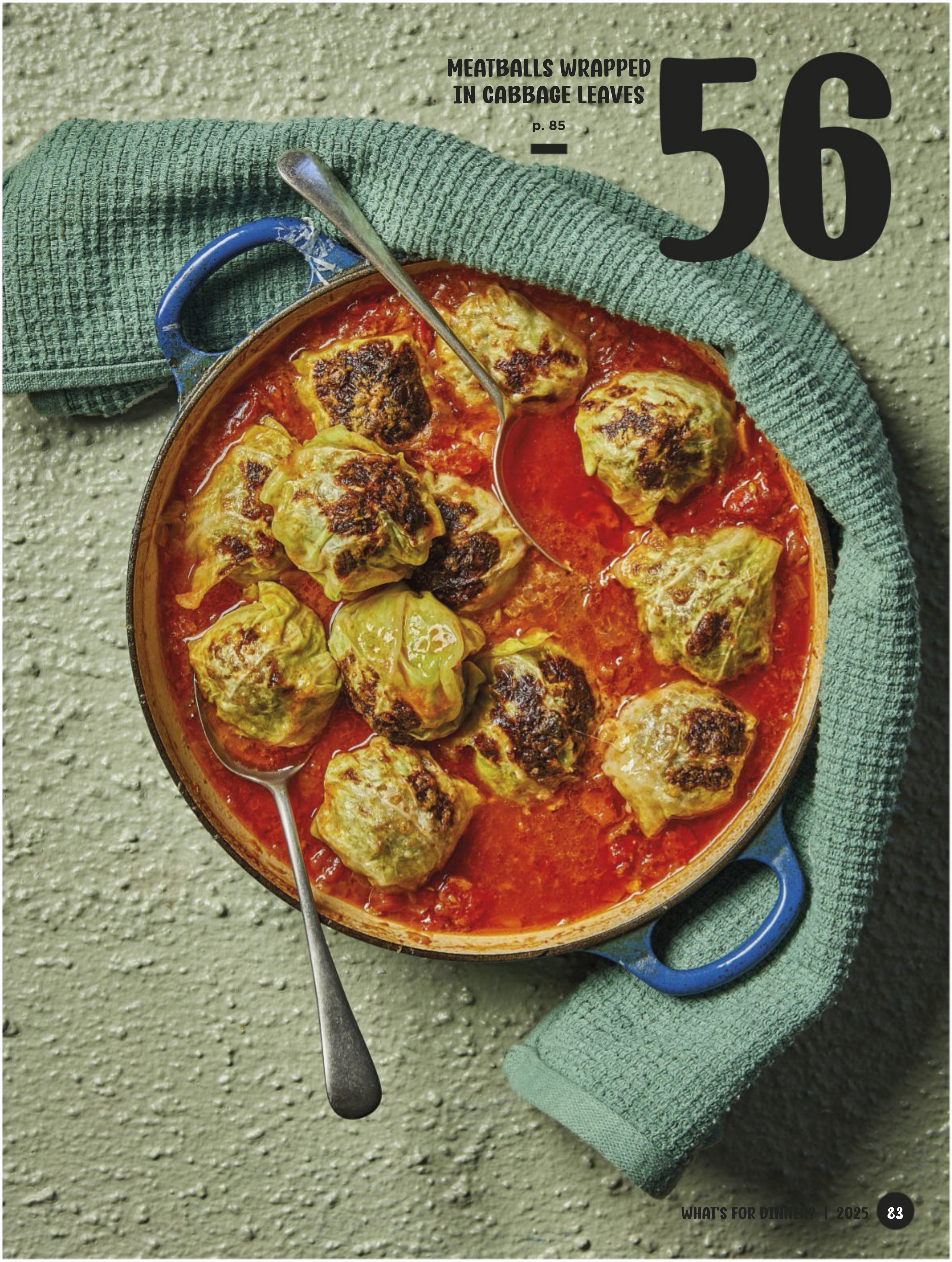
CRUMBED CHICKEN WITH MUSHROOM SAUCE

p. 85



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MEATBALLS WRAPPED IN CABBAGE LEAVES

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SORT OF NIÇOISE SALAD (p. 80)

When I see niçoise on a menu, I order it immediately. Traditionally this salad is made with fresh tuna, but nowadays it is very scarce. Spoil your loved ones if you can lay your hands on some.

Serves 4

- **4 eggs**
- **30 g capers**
- **3 garlic cloves, chopped**
- **1 handful of fresh parsley, chopped**
- **60 ml olive oil**
- **juice and zest of 3 lemons**
- **100 g salad leaves of your choice**
- **500 g French beans, submerged in boiling water**
- **500 g baby potatoes, halved lengthwise and boiled until cooked**
- **1 red onion, thinly sliced**
- **425 g tin of tuna pieces in water, drained**
- **salt and freshly ground black pepper**

Bring a pot of water to the boil. Place eggs in water and boil for 5 minutes for soft eggs, or longer as preferred. Shell the eggs. Combine capers, garlic, parsley, olive oil and lemon juice and zest for salad dressing. Place salad leaves in a serving dish, followed by French beans. Spoon potatoes onto salad leaves. Sprinkle onion and tuna pieces on top. Halve eggs and arrange on salad. Pour salad dressing over. Season with salt and pepper. Serve.

54

ONION AND OLIVE PASTA WITH CARAMELISED BACON (p. 81)

Bacon jam is the talk of the town – it is what you serve if you want to be really fancy. The sweetness, paired with olives and onions, make for a delicious pasta that will wow your guests.

Serves 4

- **45 ml olive oil**
- **30 ml butter**
- **3 large onions, sliced**
- **15 ml whole fennel seeds**
- **200 g bacon, diced**
- **60 ml brown sugar**
- **100 ml balsamic vinegar**
- **1 large dash of olive oil**
- **4 smoked pork rashers, diced**
- **salt and freshly ground black pepper**
- **500 g spaghetti**
- **100 g pitted green olives**
- **30 g Parmesan, grated**
- **1 fresh red chilli, chopped**

Heat olive oil and butter in a medium pot. Add onions and fennel seeds and fry slowly until it starts to brown, about 5 minutes. Add bacon, brown sugar and vinegar. Lower heat and let it simmer gently until onions are soft and caramelised, about 8-10 minutes. Heat olive oil in a frying pan and stir fry diced pork until golden brown and cooked through. Season with salt and pepper. Cook pasta according to packaging instructions. Drain pasta but retain 100 ml of the pasta water and add it to the onion mixture. Add fried pork and olives and stir through. Season again, according to taste. Serve hot with Parmesan and chilli.

55

CRUMBED CHICKEN WITH MUSHROOM SAUCE (p. 82)

The perfect Friday night TV dinner!

Serves 4

- **>> 4 Maryland chicken portions (thigh-and-drumstick pieces, also known as guns)**
- **>> salt and freshly ground black pepper**
- **>> 140 g (250 ml) cake flour**
- **>> 15 ml smoked paprika**
- **>> 3 eggs, beaten**
- **>> 100 g (250 ml) dried breadcrumbs**
- **>> 15 ml olive oil**
- **>> 200 g brown mushrooms, sliced**
- **>> 1 onion, finely chopped**
- **>> 250 ml cream**
- **>> 200 ml chicken stock**
- **>> sunflower oil for shallow frying**
- **>> sauce and salad of your choice, to serve**

Season chicken portions well with salt and pepper. Combine flour and paprika. Dip each chicken portion in beaten egg, then in flour, in egg again, and lastly in crumbs. Let it rest in the fridge for 30 minutes. Meanwhile, prepare the sauce: Heat a medium pot over high heat and add the olive oil. Add the mushrooms and onion and stir fry for 3-4 minutes or until mushrooms start to brown. Add cream and stock and bring to the boil. Let it simmer until liquid has reduced by a third. Season well with salt and pepper. Heat about 3 cm of sunflower oil in a large skillet for shallow frying. Fry crumbed chicken portions in hot oil for about 5-6 minutes per side, or until done. Drain on kitchen paper and serve with a sauce and salad.

56

MEATBALLS WRAPPED IN CABBAGE LEAVES (p. 83)

One of my favourites, this time with a convenient shortcut.

Serves 4

- **>> 1 splash of olive oil**
- **>> 1 onion, finely chopped**
- **>> 2 garlic cloves, finely chopped**
- **>> 410 g tin chopped tomatoes**
- **>> 250 ml beef stock**
- **>> 15 ml whole fennel seeds**
- **>> salt and freshly ground black pepper**
- **>> 12 cabbage leaves**
- **>> 12 store-bought meatballs**

Heat a large pot over high heat. Pour olive oil into pot and stir fry onion and garlic for 1-2 minutes or until onion starts to brown. Add tomatoes, stock and fennel seeds. Season well with salt and pepper. Let the sauce simmer for 5 minutes. Meanwhile, place cabbage leaves in a shallow dish and pour a kettle of boiling water over it. Let it stand for 1 minute and drain. Wrap each meatball in a cabbage leaf. Place meatball parcels in tomato sauce and spoon sauce over. Cover pot and lower heat to a gentle simmer. Let the meatballs simmer covered for 12-15 minutes or until tender and cooked. Serve hot with starch of your choice.

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BUTTERNUT CURRY

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OVEN BAKED BUTTERNUT AND BACON PASTA

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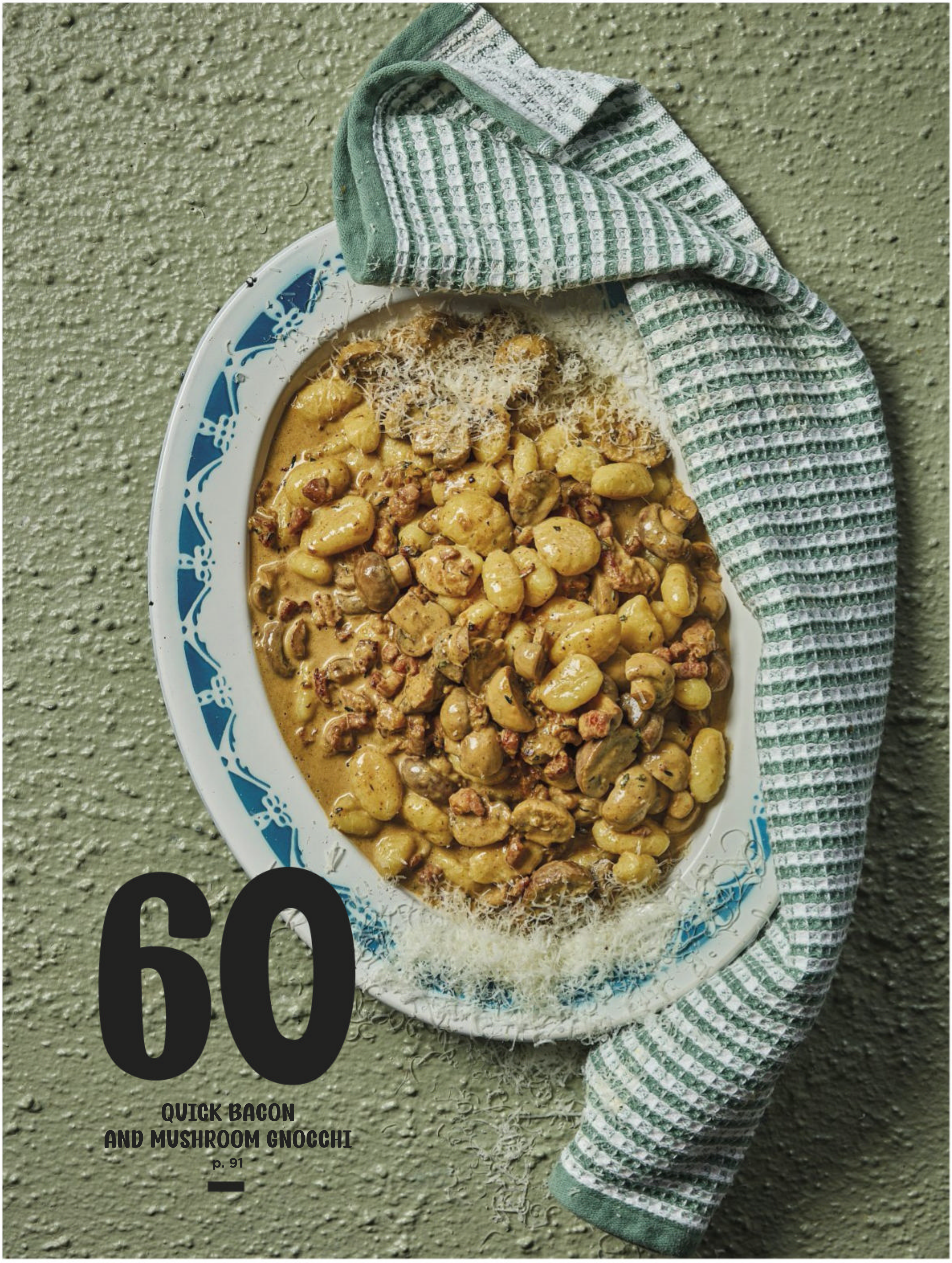
PASTA VEGETABLE SOUP

p. 91



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QUICK BACON AND MUSHROOM GNOCCHI

p. 91

57

BUTTERNUT CURRY (p. 86)

A delicious vegetarian dish – you won't even miss the meat.

Serves 4

- **500 g butternut, diced**
- **1 onion, finely chopped**
- **45 ml olive oil**
- **salt and freshly ground black pepper**
- **60 ml mild curry powder**
- **400 g tin chopped tomatoes**
- **400 g tin coconut milk**
- **400 g tin brown lentils, drained**
- **8 poppadums, to serve**

Preheat oven to 180 °C. Place butternut and onion on a baking tray. Sprinkle olive oil over and season well with salt and pepper. Roast for 20-25 minutes or until butternut is tender and cooked. Heat a medium pot over high heat and pour oil from the baking tray into the hot pot (set roast vegetables aside). Add curry powder to hot oil and fry for 1 minute. Add tomatoes, coconut milk and lentils. Stir and season well with salt and pepper. Allow to simmer for 5-8 minutes. Remove from the heat and add butternut mixture. Stir. Prepare poppadums according to packaging instructions. Spoon curry into a serving bowl and serve with poppadums.

58

OVEN BAKED BUTTERNUT AND BACON PASTA (p. 87)

Easy and simple, and packed with Italian flavours.

Serves 4

- **1 onion, finely chopped**
- **2 cloves of garlic, finely chopped**
- **500 g diced butternut**
- **200 g diced bacon**
- **6 sprigs of sage, finely chopped**
- **olive oil for sprinkling**
- **salt and freshly ground black pepper**
- **100 g packet of pecans, finely chopped**
- **500 ml cream**
- **400 g packet pasta of your choice**

Preheat oven to 180 °C. Place onion, garlic, butternut and bacon on an oven sheet. Sprinkle sage and a bit of olive oil over and season well with salt and pepper. Place in oven and roast uncovered for 20 minutes. Remove from oven, sprinkle with pecans and pour cream over. Return to oven and roast for another 10 minutes. Meanwhile, prepare pasta according to packaging instructions and drain. Return pasta to pot and add roasted butternut mixture. Stir, taste and adjust seasoning. Serve hot.

59

PASTA VEGETABLE SOUP (p. 88)

This Italian minestrone soup is a delicious midweek treat thanks to a few well-used ingredients.

Serves 4

- **1 litre chicken stock**
- **100 g (250 ml) penne**
- **2 carrots, sliced**
- **2 baby marrows, sliced into 2 mm rings**
- **2 tomatoes, peeled and seeds removed**
- **410 g tin butterbeans**
- **125 g basil pesto**
- **olive oil**
- **salt and freshly ground black pepper**

Add stock to a large pot and bring to the boil. Add pasta and let it simmer until pasta is almost done, about 8 minutes. Add carrots, baby marrows, tomatoes and beans. Stir and cook for another 5 minutes or until vegetables are tender but not mushy. Stir pesto through, sprinkle with olive oil and season well with salt and pepper. Serve hot.

60

QUICK BACON AND MUSHROOM GNOCCHI (p. 89)

The Italians are masters of good food. Gnocchi is one of my Italian favourites but making it from scratch requires a lot of time and effort. Luckily there are store-bought options that are equally tasty. It is the sauce that *makes* this dish!

Serves 4

- **45 ml olive oil**
- **1 onion, finely chopped**
- **2 garlic cloves, finely chopped**
- **100 g diced bacon**
- **400 g mixed mushrooms, halved**
- **4 sprigs thyme, finely chopped**
- **250 ml cream**
- **500 g gnocchi**
- **1 handful of fresh basil, roughly chopped**
- **100 g Parmesan, finely grated**
- **salt and freshly ground black pepper**

Heat the oil in a large skillet. Add onion, garlic and bacon. Stir fry for 5-8 minutes or until the onion starts to brown. Add mushrooms and thyme and fry for 5 more minutes or until mushrooms are cooked. Add cream and lower the heat to a rapid simmer. Allow to simmer for 5 minutes or until sauce has thickened. Meanwhile, bring a pot of water to the boil. Add gnocchi and allow to simmer for 8-10 minutes or until the gnocchi rise to the surface. Drain. Add the cooked gnocchi to the sauce and stir. Stir basil through, top with Parmesan and season well with salt and pepper. Serve hot.

TIP Struggling to get hold of gnocchi? Feel free to serve any pasta, such as penne or spaghetti, with this sauce.

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ONE SKILLET CHICKEN

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HOT CHICKPEA AND CHORIZO SALAD

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SAVOURY RICE AND EGG

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BANGERS ON WHEAT BERRIES

p. 97

61

ONE SKILLET CHICKEN (p. 92)

The benefit of making everything in a single skillet is that you have very little dishes, and you need only a single oven plate.

Serves 4

- **>> 1 generous splash of olive oil**
- **>> 8 chicken thighs**
- **>> 1 onion, finely chopped**
- **>> 2 garlic cloves, finely chopped**
- **>> 4 carrots, sliced**
- **>> 200 g brown mushrooms, chopped**
- **>> 2 sprigs fresh thyme, chopped**
- **>> 410 g tin chopped tomatoes**
- **>> salt and freshly ground black pepper**

Heat a large skillet over high heat, add olive oil and place chicken thighs in skillet with skin side facing down. Fry for 2-3 minutes or until chicken skin is golden brown. Remove chicken from skillet and set aside. Fry onion, garlic and carrots in the same skillet for 2-3 minutes. Add mushrooms and thyme and fry for 2 minutes. Add tomatoes. Fill tomato tin with water and add it to the mushroom mixture. Stir well. Place chicken pieces in sauce and season well with salt and pepper. Lower heat and let chicken stew for 15-20 minutes or until tender and cooked. Serve.

62

HOT CHICKPEA AND CHORIZO SALAD (p. 93)

This salad could be served as a main meal. Be sure to use good-quality spicy chorizo. If you cannot get hold of chorizo, ordinary pork sausages will do.

Serves 4

- **>> 45 ml olive oil**
- **>> 1 onion, finely chopped**
- **>> 4 garlic cloves, finely chopped**
- **>> 225 g chorizo sausage, sliced**
- **>> 2 x 400 g tins chickpeas, drained**
- **>> 400 g cherry tomatoes, halved**
- **>> juice and zest of 1 lemon**
- **>> 1 handful of fresh basil**
- **>> salt and freshly ground black pepper**
- **>> bread of your choice, to serve**

Heat olive oil in a medium skillet until hot. Add onion, garlic and sausage. Fry for 5-8 minutes or until onion is golden brown and sausage crispy. Add chickpeas and tomatoes. Fry for 2 minutes. Add lemon juice and zest. Roughly chop basil, add and stir through. Season well with salt and pepper. Serve hot with bread.

63

SAVOURY RICE AND EGG (p. 94)

During a recent visit to Mauritius, I fell in love all over again with the simplicity of rice.

Serves 4

- **1 large splash of olive oil, plus extra for frying**
- **1 onion, finely chopped**
- **2 garlic cloves, finely chopped**
- **200 g packet diced bacon**
- **250 g packed chopped brown or white mushrooms**
- **400 g (500 ml) white long grain rice**
- **1,2 litres of chicken stock**
- **salt and freshly ground black pepper**
- **4 eggs**

Heat a large pot over high heat and add olive oil. Add onion, garlic, bacon and mushrooms and stir fry for 3-4 minutes or until mushrooms are almost done. Add rice and fry for another minute. Add stock and bring to the boil. Let it simmer for 10-12 minutes or until rice has absorbed all the stock and is done. Season well with salt and pepper. Heat some more olive oil in a skillet. Break eggs into the hot pan and fry for 2-3 minutes for soft eggs or longer as you prefer. Spoon rice into small serving bowls and press down firmly. Turn out onto serving plates and place fried eggs on top. Serve.

64

BANGERS ON WHEAT BERRIES (p. 95)

Wheat berries are very affordable. Prepare them right, and you'll be able to feed many mouths a delicious meal.

Serves 4

- **30 ml olive oil**
- **1 onion, finely chopped**
- **2 garlic cloves, finely chopped**
- **250 g (375 ml) wheat berries**
- **1 250 ml chicken or beef stock**
- **2 sprigs fresh rosemary, finely chopped**
- **60 ml butter, melted**
- **salt and freshly ground black pepper**
- **6 pork bangers, small slits cut into the length**

Heat a large pot over high heat. Pour olive oil into pot and stir fry onion and garlic for 2 minutes or until aromatic. Add wheat berries and stir fry for another minute. Add stock, rosemary and butter. Season well with salt and pepper and stir. Lower heat, cover pot and let it simmer gently for 20 minutes or until wheat berries are swollen and nearly done. Add more water if it looks as though it may boil dry. Place bangers on wheat berries and cook for another 12-15 minutes or until bangers are done. Serve hot.

65

PEPPERS STUFFED WITH RICE

p. 102

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BROCCOLI AND BACON PASTA

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FRIED STEAK WITH SATAY SAUCE

p. 103

68

SHORTCUT PORK LASAGNE

p. 103

65

PEPPERS STUFFED WITH RICE (p. 98)

A dish that always looks fancy but is in fact very simple.

Serves 4

- **1 generous splash of olive oil**
- **1 onion, finely chopped**
- **2 garlic cloves, finely chopped**
- **500 g beef mince**
- **410 g tin chopped tomatoes**
- **salt and freshly ground black pepper**
- **250 ml cooked white rice**
- **4 peppers, tops and seeds removed**
- **100 g mozzarella, grated**
- **salad of your choice, to serve**

Preheat oven to 180 °C. Heat olive oil in a medium pot over high heat. Add onion, garlic and mince. Stir fry for 5-8 minutes or until meat granules are separated and browned. Add tomatoes, season well with salt and pepper and stir. Allow to simmer for 5 minutes. Add rice and stir. Place peppers on a baking tray – try slicing a piece from the bottom of each to help them remain upright, but do not cut all the way through so that the bottom is open. Spoon mince mixture into peppers, filling them to the brim. Sprinkle mozzarella on top. Place in the hot oven and roast for 15 minutes or until cheese is golden brown. Serve hot with a salad.

66

BROCCOLI AND BACON PASTA (p. 99)

One of those stalwarts that will convince the children to eat their greens.

Serves 4

- **1 broccoli head**
- **1 generous splash of olive oil**
- **1 onion, finely chopped**
- **2 garlic cloves, finely chopped**
- **200 g diced bacon**
- **250 ml cream**
- **salt and freshly ground black pepper**
- **400 g packet spaghetti**
- **100 g coarse breadcrumbs**

Using a sharp knife, cut the broccoli into thin slices – the thinner, the better. Bring a pot of water to the boil and boil broccoli slices for 3 minutes. Drain. Heat the same pot over high heat. Add olive oil and stir fry onion, garlic and bacon for 2-3 minutes or until bacon is crispy and brown. Add cream and cooked broccoli and bring to the boil. Let it simmer for 1-2 minutes until a creamy sauce forms. Season well with salt and pepper. Cook pasta according to packaging instructions and drain. Add pasta to sauce and stir through. Spoon onto serving platter and sprinkle breadcrumbs on top. Serve.

67

FRIED STEAK WITH SATAY SAUCE (p. 100)

This peanut sauce from Indonesia never disappoints. It is easy to prepare and tastes heavenly with fried steak.

Serves 4

- **400 g tin coconut milk**
- **2 garlic cloves, chopped**
- **200 g smooth peanut butter**
- **80 ml soy sauce**
- **1 handful of fresh coriander leaves, very finely chopped**
- **25 ml mild curry powder**
- **olive oil for sprinkling**
- **4 large sirloin steaks**
- **salt and freshly ground black pepper**
- **salad of your choice**

Heat coconut milk, garlic, peanut butter, soy sauce, coriander leaves and curry powder in a medium pot. Stir until combined and bring to the boil. Allow to simmer for 5 minutes or until thickened – stir occasionally to prevent it from burning. Remove the sauce from the heat and set aside. Heat a griddle pan until smoking hot. Sprinkle olive oil over steaks and season well with salt and pepper. Fry steaks for about 3-5 minutes per side for medium-cooked meat, or longer as you prefer. Place steaks on a serving platter and cut into slices. Spoon hot satay sauce over steaks and serve with salad.

68

SHORTCUT PORK LASAGNE (p. 101)

Everyone loves a good lasagne, but it can take a while to prepare. With these clever tricks you'll have a delicious meal in a jiffy.

Serves 4

- **1 generous splash of olive oil, plus 45 ml for bechamel sauce**
- **1 onion, finely chopped**
- **500 g pork mince**
- **200 g diced bacon**
- **410 g tin tomato purée**
- **salt and freshly ground black pepper**
- **45 ml cake flour**
- **500 ml milk**
- **250 g packet lasagne sheets**
- **200 g mozzarella, grated**

Preheat oven to 180 °C. Heat a large pot over high heat and add olive oil. Stir fry onion, mince and bacon until meat is grainy and bacon starts to brown. Add tomato purée. Season well with salt and pepper and stir. Lower heat and let it simmer gently for 10 minutes. Meanwhile, make the bechamel sauce: Heat a medium pot over high heat. Add 45 ml olive oil and cake flour. Stir with a balloon whisk until flour and oil are combined. Add all the milk and stir until well combined. Keep stirring over high heat until sauce thickens and is cooked, about 5 minutes. Season with salt and pepper. Pour a third of bechamel sauce into an ovenproof dish of your choice. Arrange a third of pasta sheets on top of sauce, followed by a third of pork mixture. Repeat until you have used all the ingredients, ending with a meat layer on top. Sprinkle with mozzarella. Bake for 25-30 minutes. Serve hot.

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GREMOLATA PRAWNS ON BUTTER BEAN PURÉE

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CURRY PASTA WITH PORK

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WHITE WINE AND MUSHROOM PASTA WITH LEEKS

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PERI-PERI CHICKEN LIVERS

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GREMOLATA PRAWNS ON BUTTER BEAN PURÉE (p. 104)

Gremolata is an Italian condiment made with parsley, garlic and lemon zest. Traditionally it is served with osso buco to cut through the richness of the meat. It is packed with flavour and pairs excellently with seafood too.

Serves 4

- **>> 45 ml butter**
- **>> 1 onion, finely chopped**
- **>> 2 garlic cloves, finely chopped**
- **>> 1 fresh red chilli, finely chopped**
- **>> 2 x 400 g tins butterbeans, drained**
- **>> 500 ml milk**
- **>> salt and freshly ground black pepper**

PRAWNS

- **>> 4 garlic cloves, finely chopped**
- **>> 1 handful of fresh parsley, finely chopped**
- **>> juice and zest of 2 lemons**
- **>> 24 prawns, cleaned and shelled**
- **>> 45 ml olive oil**

Heat butter in a large pot. Add onion, garlic and chilli. Stir fry for 2-3 minutes or until the mixture starts to brown. Add beans and fry another 5 minutes. Add milk and allow to simmer until reduced by half. Season well with salt and pepper. Using a stick blender, purée bean mixture until smooth. Set aside. **Prawns** Prepare gremolata by combining garlic, parsley and lemon juice and zest. Sprinkle gremolata over prawns. Season well with salt and pepper. Heat olive oil in a medium skillet. Fry prawns for about 3-5 minutes or until pink and done. Spoon bean purée into a large serving bowl. Arrange prawns on top and serve.

70

CURRY PASTA WITH PORK (p. 105)

My idea of church fête curry, but new and fresh.

Serves 4

- **>> 30 ml olive oil**
- **>> 1 onion, roughly chopped**
- **>> 2 garlic cloves, chopped**
- **>> 15 ml masala**
- **>> 30 ml mild curry powder**
- **>> 5 ml turmeric**
- **>> 500 g pork mince**
- **>> 410 g tin tomatoes**
- **>> 400 g tin coconut milk**
- **>> salt and freshly ground black pepper**
- **>> 400 g bag conchiglie (pasta shells)**
- **>> 30 ml apricot jam**

Heat olive oil in a medium pot. Add onion and garlic and fry for 3-5 minutes or until onion starts to brown. Add all the spices and fry for another minute. Add mince and fry for about 5 minutes or until meat has browned. Add tomatoes and coconut milk. Season well with salt and pepper. Lower heat and allow to simmer gently for 20-25 minutes or until thick and creamy. Meanwhile, cook pasta according to packaging instructions and drain. Stir apricot jam into meat sauce. Add pasta and adjust seasoning according to taste. Serve.

71

WHITE WINE AND MUSHROOM PASTA WITH LEEKS (p. 106)

This combination is age-old but never disappoints!

Serves 4

- **>> 1 generous splash of olive oil**
- **>> 10 baby leeks, sliced**
- **>> 2 garlic cloves, finely chopped**
- **>> 45 ml butter**
- **>> 250 g mixed mushrooms, sliced**
- **>> 125 ml white wine**
- **>> 500 ml cream**
- **>> 400 g fusilli pasta**
- **>> 50 g Parmesan, grated**
- **>> salt and freshly ground black pepper**

Heat a large pot over high heat. Pour olive oil into pot and add leeks, garlic and butter. Lower heat and allow leaks to sweat slowly in the butter until tender and translucent. Increase heat and add mushrooms. Fry for 3 minutes or until mushrooms are tender. Add wine and let it simmer until wine has reduced by half. Add cream and let it simmer until sauce has reduced by half, about 8-10 minutes. Meanwhile, prepare pasta according to packaging instructions. Drain and add to sauce. Add Parmesan, season with salt and pepper and stir. Serve.

72

PERI-PERI CHICKEN LIVERS (p. 107)

Chicken livers are currently the most affordable source of animal protein.

Serves 4

- **>> 2 x 250 g tubs of chicken livers**
- **>> 60 ml olive oil**
- **>> 8 garlic cloves, roughly chopped**
- **>> 5 ml dried chilli flakes**
- **>> 5 ml smoked paprika**
- **>> 250 ml bottle peri-peri sauce**
- **>> 125 ml cream**
- **>> salt and freshly ground black pepper**
- **>> juice and zest of 1 lemon**
- **>> 6 Portuguese rolls**

Rinse chicken livers under cold water and pat dry with kitchen paper. Heat a large skillet and add olive oil. Add garlic, chilli flakes and paprika. Stir for about 30 seconds. Remove the skillet from the heat and pour off half of the chilli oil. Set aside. Return the skillet with the rest of the oil to the heat. Add peri-peri sauce and cream and bring to the boil. Season with salt and pepper. Add lemon juice and zest. Set aside. Heat a clean skillet, pour some of the chilli oil that you retained into the skillet and fry chicken livers for 2-3 minutes per side or until golden brown and done. Add peri-peri sauce and stir through. Serve with remaining chilli oil and Portuguese rolls.

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CARBONARA

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STEAK WITH EGG

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CHICKEN STIR FRY

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CHICKEN WITH SHORTCUT DHAL

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CARBONARA (p. 110)

This is one of my weekend favourites, perfect for when I don't feel like cooking up a storm.

Serves 4

- **400 g packet spaghetti**
- **45 ml olive oil**
- **2 garlic cloves, roughly chopped**
- **200 g diced bacon**
- **50 g Parmesan**
- **4 egg yolks**
- **salt and freshly ground black pepper**

Cook pasta according to packaging instructions. Meanwhile, prepare the sauce. Heat a large skillet (large enough to accommodate the cooked pasta) over high heat. Pour olive oil into skillet and add garlic. Fry garlic until golden brown. Remove garlic pieces and discard – you only want to infuse the oil. Add bacon and stir fry 2-3 minutes or until crispy. Use kitchen tongs to remove the cooked pasta from the water; retain the water. Add cooked pasta to skillet with bacon and stir fry for 2-3 minutes. Turn off the heat. In a small bowl, whisk together Parmesan, egg yolks and 200 ml of the pasta water. Add this mixture to the bacon and pasta in the skillet. Add another 200 ml of pasta water and stir rapidly. The heat of the pasta and water will cook the egg so that it becomes creamy. Season with salt and pepper. Serve.

74

STEAK WITH EGG (p. 111)

Yes, you can eat steak on a budget. Look for affordable cuts like sirloin. If you enjoy a good steak, then it is best to keep it simple.

Serves 4

- **30 ml butter**
- **30 ml cake flour**
- **400 ml milk**
- **45 g Parmesan, grated**
- **10 ml green peppercorns, ground**
- **salt and freshly ground black pepper**
- **4 steaks of your choice (we used sirloin)**
- **45 ml olive oil, plus extra for frying eggs**
- **juice and zest of 2 lemons**
- **4 eggs**

Heat a medium pot over high heat. Melt butter in pot. Add flour and stir rapidly with a balloon whisk until combined. Add all the milk and continue whisking until sauce thickens and flour is cooked, about 3-4 minutes. Remove from heat and add Parmesan and green pepper. Stir until melted. Taste and season with salt and pepper. Set sauce aside. Meanwhile, fry the steaks: Heat a griddle pan until smoking hot. Place steak in a shallow dish and sprinkle with olive oil and lemon juice and zest. Season with salt and pepper. Fry steaks in hot pan for 5-6 minutes per side for medium, or longer as preferred. Remove steak from pan and set aside to rest. Now fry the eggs: Heat a frying pan until mildly hot. Add a dash of olive oil and break the eggs into the pan. Cover the pan and fry 2-3 minutes for soft eggs. Place steaks on a serving platter. Place fried eggs on top and finish it off with a spoonful of sauce. Food fit for a king!

75

CHICKEN STIR FRY (p. 112)

Always a stalwart when you need to get dinner on the table pronto.

Serves 4

- **>> 30 ml olive oil**
- **>> 1 onion, chopped**
- **>> 2 garlic cloves, finely chopped**
- **>> 400 g small chicken fillets**
- **>> 375 g packet stir fry vegetables**
- **>> 100 g packet cashews, chopped**
- **>> 120 ml sweet soy sauce**
- **>> 250 g packet egg noodles**
- **>> salt and freshly ground black pepper**

Heat olive oil in a large skillet – the hotter, the better. Add onion, garlic and chicken and stir fry 2-3 minutes or until chicken is evenly browned. Add vegetables and stir fry for another 3-5 minutes or until vegetables are tender but not mushy. Add cashews and soy sauce and fry for 1 minute. Prepare egg noodles according to packaging instructions. Drain and add to vegetable mixture. Season with salt and pepper and serve.

76

CHICKEN WITH SHORTCUT DHAL (p. 113)

Recently, while working on a promotional recipe for a client, I bought a packet of ready-made soup in which to cook chicken. I extended the experiment and used lentil soup to see whether I could make Indian dhal … Well, here it is!

Serves 4

- **>> 1 whole chicken**
- **>> 45 ml olive oil, plus extra for the dhal**
- **>> salt and freshly ground black pepper**
- **>> 450 ml water**
- **>> 1 onion, finely chopped**
- **>> 2 garlic cloves, finely chopped**
- **>> 45 ml mild curry powder**
- **>> 600 ml ready-made lentil soup**
- **>> 2 carrots, peeled and grated**
- **>> 10 ml dried chilli flakes**

Preheat oven to 180 °C. Using kitchen scissors, cut out the backbone of the chicken. Turn the bird over and fold out the thighs and drumsticks. Flatten chicken by pressing down on the breast with the palms of your hands. Place chicken in a roasting dish, pour 45 ml olive oil over and season with salt and pepper. Pour 450 ml water into dish. Roast in hot oven for 25-30 minutes or until chicken is golden brown and cooked. Meanwhile, make the dhal: Heat a splash of olive oil in a medium pot. Add onion, garlic and curry powder. Stir fry for 2-3 minutes. Add lentil soup, carrot and chilli flakes and stir through. Lower the heat and allow to simmer for 15-20 minutes or until creamy. Taste and adjust seasoning accordingly. Spoon into a serving bowl and place chicken on top. Serve.

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CROQUE MADAME

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ROAST CHICKEN WITH SPINACH AND BEANS

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77

CROQUE MADAME (p. 116)

This French delight is one of my go-to recipes for a quick, light supper.

Serves 4

- **80 g (90 ml) butter**
- **45 ml cake flour**
- **300 ml milk**
- **300 g Gruyère, grated**
- **salt and freshly ground black pepper**
- **8 slices of bread**
- **8 slices sandwich ham**
- **olive oil**
- **4 eggs**

Cheese sauce Melt butter in a medium pot and let it brown a little, about 1-2 minutes (the French call this *beurre noisette*). Add flour and stir using a balloon whisk until butter has been absorbed into flour. Add all the milk at once and whisk until mixture is smooth and well combined. Keep whisking over low heat until bechamel sauce is thick and cooked, about 5-10 minutes. Remove from the heat, add cheese and stir until it has melted. Season well with salt and pepper. **Bread** Preheat oven to 180 °C. Place bread slices on a work surface. Spread half of the bread slices with cheese sauce. Divide ham among slices of bread, followed by another layer of cheese sauce. Top with the rest of the bread slices and spread a final spoonful of cheese sauce on top of each sandwich. Place sandwiches on a baking tray and roast in the oven for 10 minutes or until golden brown. Meanwhile, heat a splash of olive oil in a large frying pan on the hob. Fry eggs in hot oil for 3-4 minutes for soft eggs. Top each sandwich with a fried egg and serve.

78

VAAL CHICKEN (p. 117)

My mother's *vaal* chicken remains one of my favourite treats.

Serves 4

- **4 chicken breasts, on the bone**
- **500 ml chicken stock**
- **1 splash of olive oil**
- **1 onion, finely chopped**
- **2 garlic cloves, finely chopped**
- **200 g brown mushrooms**
- **250 ml uncooked long grain white rice**
- **250 ml cream**
- **salt and freshly ground black pepper**

Add chicken and stock to a medium pot and bring to the boil over high heat. Let it simmer until chicken is tender and cooked, 12-15 minutes. Remove pot from heat and set aside. Heat a second medium pot over high heat and add olive oil. Add onion, garlic and mushrooms and fry for 2-3 minutes or until mushrooms are done. Add rice and stir fry for 1 minute. Add cream and stock that chicken cooked in to the rice mixture. Season with salt and pepper and stir. Let it simmer for 10-12 minutes or until rice is tender and cooked. Meanwhile, pull the chicken from the bone and add the meat to the rice mixture. Stir through. Taste and adjust seasoning. Serve hot.

79

CHICKEN ARRABBIATA (p. 118)

Arrabbiata is an Italian sauce with peppers and tomatoes. It is delicious and super easy to make.

Serves 4

- **45 ml olive oil**
- **4 Maryland chicken portions (thigh-and-drumstick portions, also known as guns)**
- **1 onion, finely chopped**
- **2 red peppers, seeds removed and cut into strips**
- **2 x 410 g tins chopped tomatoes**
- **200 ml white wine**
- **5 sprigs origanum, finely chopped**
- **salt and freshly ground black pepper**
- **180 g packet pitted green olives**
- **starch of your choice, to serve**

Heat olive oil in a large pot and fry chicken skin side down for 2-3 minutes or until golden brown. Remove chicken from pot and set aside. In the same pot, sauté onion and peppers over high heat until onion starts to brown. Add tomatoes, white wine and origanum and stir. Return chicken to sauce and season well with salt and pepper. Cover pot and lower the heat. Braise for 15-25 minutes or until chicken falls from bone. Remove from heat and add olives. Serve with starch of your choice.

80

TOMATO RISOTTO (p. 118)

I can never have enough risotto recipes! It warms you from within, especially in winter.

Serves 4

- >> 30 ml olive oil
- >> 1 onion, finely chopped
- >> 380 g (500 ml) arborio rice
- >> 125 ml white wine
- >> 115 g tub tomato paste
- >> 100 g (110 ml) butter
- >> 50 g Parmesan, finely grated, plus extra for serving
- >> salt and freshly ground black pepper
- >> 500 g mixed cherry tomatoes, halved

Heat olive oil in a large pot. Add onion and rice. Stir fry for 1-2 minutes or until onion starts to brown. Add wine and stir until all the liquid has cooked off. Stir tomato paste into 1,5 litres of boiling water. Add 500 ml of the tomato water to the rice and stir. Cover pot and allow to simmer for 5 minutes until all the liquid has been absorbed by the rice. Repeat with the remaining tomato water – 500 ml at a time. Once all the liquid has been absorbed, remove pot from the heat and add Parmesan. Stir until creamy and season with salt and pepper. Spoon into a serving bowl and arrange cherry tomatoes on top. Serve with extra Parmesan.

81

BRAAIED CHICKEN PORTIONS WITH POTATO WEDGES (p. 119)

Marinated chicken over the coals will have your guests lining up for seconds. Use your favourite marinade or try my suggestion.

Serves 4

- >> 125 ml sweet soy sauce
- >> 125 ml tomato purée
- >> 2 cm piece of fresh ginger, finely grated
- >> 2 fresh red chillies, finely chopped
- >> 80 ml olive oil
- >> juice and zest of 2 lemons
- >> 6 thigh-and-drumstick chicken portions
- >> salt and freshly ground black pepper

POTATO WEDGES

- >> 8 potatoes, cut into wedges
- >> 45 ml olive oil
- >> 2 sprigs rosemary, finely chopped
- >> 4 sprigs thyme, finely chopped
- >> 2 garlic cloves, finely chopped

Firstly, get your fire ready for hot coals. Also preheat your oven to 220 °C. Combine soy sauce, tomato purée, ginger, chillies, olive oil, and lemon juice and zest. Place chicken portions in a microwave-safe dish and pour the marinade over. Season well with salt and pepper. Microwave on high for 10 minutes. **Potato wedges** Meanwhile, place potato wedges in an oven dish and sprinkle the rest of the ingredients over. Season well with salt and pepper. Bake in the hot oven for 20-25 minutes or until golden brown and cooked. While potatoes are roasting, place chicken portions in a folding grid and braai over the coals for about 10-15 minutes or until golden brown and crispy. Serve hot.

TIP I par-cook the chicken in the microwave to reduce the braai time. If you have more time or prefer not to use the microwave, you can simply marinade the chicken and then cook it entirely over the coals.

> "RISOTTO IS ITALIAN LUXURY AT ITS BEST ... YET, THE RICE BASE ENSURES THAT IT REMAINS AFFORDABLE"

82

BRAAIED MIELIES WITH SALAD (p. 119)

Perfect for a meat-free feast!

Serves 4

- **8 whole mielies (corn on the cob)**
- **30 ml olive oil**
- **60 ml butter**
- **15 ml chopped fresh origanum and thyme**
- **salt and freshly ground black pepper**
- **80 g packet baby salad leaves of your choice**

SALAD DRESSING

- **80 ml olive oil**
- **30 ml white spirit vinegar**
- **5 ml Dijon mustard**
- **1 garlic clove, chopped**

Bring a large pot of water to the boil and boil mielies for 10 minutes or until just tender. Heat a griddle pan until smoking hot. Brush mielies with olive oil and fry in the hot pan until they start to brown. Combine butter, origanum and thyme. Brush mielies with herb butter. Season with salt and pepper. Combine ingredients for salad dressing and drizzle dressing over salad leaves. Serve mielies with salad.

83

LENTIL AND CHORIZO SOUP (p. 120)

I originally made this soup for SARIE. The response was overwhelming – and I must admit, it is super flavoursome. You may substitute herbed pork sausages for the chorizo and just add a sprinkling of smoked paprika.

Serves 4

- **30 ml olive oil**
- **1 onion, finely chopped**
- **2 garlic cloves, chopped**
- **1 fresh chilli, finely chopped**
- **225 g chorizo, sliced**
- **25 ml smoked paprika**
- **400 g tin chopped tomatoes**
- **500 ml chicken stock**
- **2 x 400 g tins lentils, drained**
- **salt and freshly ground black pepper**

Heat olive oil in a medium pot. Add onion, garlic, chilli and chorizo. Fry for 5-8 minutes or until onion starts to brown. Add paprika, tomatoes and stock. Lower the heat and allow to simmer gently until liquid has reduced by a third, about 10-15 minutes. Add lentils and bring to the boil once more. Season well with salt and pepper. Serve hot.

TIP Always rinse tinned lentils in a sieve under running water to wash away the starchy liquid from the tin.

84

ROAST CHICKEN WITH SPINACH AND BEANS (p. 121)

This dish is simple yet impressive. Sometimes I substitute chickpeas for the beans.

Serves 4

- **30 ml olive oil**
- **8 chicken thighs**
- **2 garlic cloves, chopped**
- **3 sprigs origanum, finely chopped**
- **zest of 2 lemons**
- **25 ml English mustard**
- **200 g packet of spinach**
- **410 g tin beans of your choice, drained**
- **250 ml cream**
- **125 ml chicken stock**
- **salt and freshly ground black pepper**
- **grated Parmesan, to serve**

Heat a skillet over high heat. Pour oil into skillet and place chicken thighs in hot oil, skin side down. Fry for 5-8 minutes or until skin has browned. Remove chicken from skillet and set aside. Place garlic, origanum, lemon zest, mustard and spinach in the same skillet and stir fry until spinach starts to wilt. Add beans, cream and stock and stir through. Add fried chicken portions to sauce. Lower the heat, cover skillet and allow to simmer gently for 10-15 minutes or until chicken is tender and cooked. Remove from the heat and season well with salt and pepper. Serve with handfuls of Parmesan.

SCAN FOR RECIPE

www.sapork.co.za

Chimichurri pork meatballs

Meatballs, but not as you know them! These delicious chimichurri meatballs are made using lean pork mince and almond flour for a more nutritious alternative.

PREP TIME **20 MINUTES** COOKING TIME **15 MINUTES**

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OVEN BAKED CHICKEN CURRY

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MUSHROOMS ON TOAST

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SOUTH AFRICAN BITONG AND MUSHROOM PASTA

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CAULIFLOWER SOUP WITH PORK CHIPOLATAS

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OVEN BAKED CHICKEN CURRY (p. 126)

My friends are always surprised when they arrive for dinner unexpectedly and I announce that I will whip up a chicken curry – everyone expects it to take loads of time and effort. The secret is in the spices. Buy whole spices in small quantities, grind them yourself and fry them well. The fresher, the better – maximum flavour is your aim.

Serves 4

- **45 ml olive oil**
- **45 ml butter**
- **1 onion, finely chopped**
- **2 garlic cloves, finely chopped**
- **30 ml whole cumin seeds**
- **20 ml ground coriander**
- **30 ml whole fennel seeds**
- **3 bay leaves**
- **6 cardamom pods, split open**
- **200 g tin tomato paste**
- **400 ml tin coconut milk**
- **300 ml tomato purée**
- **4 Maryland chicken portions (thigh-and-drumstick pieces, also known as guns)**
- **salt and freshly ground black pepper**

Preheat oven to 220 °C. Heat olive oil and butter in a medium ovenproof casserole until hot – I use a 30 cm casserole to ensure that the meat is spread out and cooks faster. Add onion and garlic and stir fry for 2 minutes or until mixture starts to brown. Add all spices and lower the heat. Stir fry for 5 minutes or until aromatic. Add a little water if it looks as though spices might burn. Add tomato paste and fry for another minute. Add coconut milk and tomato purée. Bring to the boil once more and add chicken portions to the sauce. Season well with salt and pepper and place casserole in the hot oven. Bake uncovered for 20-25 minutes or until chicken portions are golden brown and cooked.

86

MUSHROOMS ON TOAST (p. 127)

You can also serve the toast with a fried or poached egg.

Serves 4

- **1 generous splash of olive oil**
- **1 onion, finely chopped**
- **2 garlic cloves, finely chopped**
- **400 g brown and white mushrooms, halved**
- **200 g diced bacon**
- **500 ml cream**
- **8 slices ciabatta**
- **80 ml softened butter**
- **salt and freshly ground black pepper**

Heat a medium pot over high heat and pour olive oil in. Add onion, garlic and mushrooms. Stir fry for 5 minutes. Add bacon and fry for another 5 minutes or until mushrooms are browned and cooked. Add cream and lower the heat. Allow to simmer for 5-8 minutes or until a creamy sauce forms. Meanwhile, butter ciabatta slices on both sides. Heat a frying pan and fry bread for 1-2 minutes per side or until golden brown. Place toast on serving plates. Season mushroom mixture well with salt and pepper. Stir, spoon onto toast and serve.

87

SOUTH AFRICAN BILTONG AND MUSHROOM PASTA (p. 128)

Yes, you can find inspiration right here at home.

Serves 4

- **30 ml olive oil**
- **30 ml butter**
- **1 onion, finely chopped**
- **250 g brown mushrooms, halved**
- **250 g biltong, finely carved**
- **250 ml beef stock**
- **250 ml cream**
- **2 bay leaves**
- **400 g macaroni**
- **handful of fresh coriander leaves, finely chopped**
- **salt and freshly ground black pepper**

Heat oil and butter in a large pot. Add onion and mushrooms and fry for 5-8 minutes or until mushrooms are golden brown. Add biltong and stir. Add stock, cream and bay leaves. Lower the heat and allow to simmer for 10-15 minutes or until a creamy sauce forms. Meanwhile, cook pasta according to packaging instructions and drain. Add pasta to sauce, add coriander leaves and stir. Season to taste with salt and pepper. Serve.

88

KAPITAN CHICKEN CURRY (p. 129)

This iconic curry is known for its rich taste and strong aroma. Lamb cubes may be substituted for the chicken, should you prefer.

Serves 4

- **30 ml olive oil**
- **3 garlic cloves, chopped**
- **1 onion, finely chopped**
- **2 cm piece of fresh ginger, grated**
- **15 ml ground coriander**
- **1 fresh red chilli, finely chopped**
- **10 ml ground cumin**
- **5 ml nutmeg**
- **5 ml turmeric**
- **2 cardamom pods, split open**
- **800 g deboned chicken thighs**
- **400 g tin coconut cream**
- **1 cinnamon stick**
- **2 star anise pods**
- **400 g tin butter beans, drained**
- **1 handful of fresh coriander leaves, finely chopped**
- **salt and freshly ground black pepper**
- **sambals, to serve**

Heat olive oil in a medium pot. Add garlic, onion, ginger, ground coriander, chilli, cumin, nutmeg, turmeric and cardamom. Stir fry for 5-6 minutes or until mixture starts to brown. Add a little water if it looks as though the spices might burn. Add chicken thighs and fry for another 2 minutes. Add coconut cream, cinnamon stick and star anise pods. Lower the heat and allow to simmer rapidly for 15-20 minutes or until chicken is cooked and sauce has thickened. Remove from the heat and add butter beans. Stir chopped coriander through. Season well with salt and pepper. Serve with sambals.

89

STEAK WITH GREEN SAUCE (p. 130)

Simple, honest food ...

Serves 4

- **60 ml olive oil**
- **4 large steaks of your choice (I prefer ribeye or sirloin)**
- **juice of 2 lemons**
- **salt and freshly ground black pepper**
- **salad of your choice, to serve**

GREEN SAUCE

- **6 sprigs rosemary, stems removed**
- **1 handful of Italian parsley**
- **100 ml olive oil**
- **50 g Parmesan, grated**
- **100 g pecans**

Begin by making the green sauce: Place all the ingredients for the green sauce in a food processor and pulse at high speed until smooth. Set aside. Now fry the steak: Heat a griddle pan until hot. Sprinkle olive oil over steaks and fry in hot pan for about 5 minutes per side for medium-cooked meat, or longer as you prefer. Remove steaks from pan and place on work surface. Sprinkle lemon juice over and season well with salt and pepper. Allow to rest for 2 minutes. Cut the steak into slices and serve with green sauce and a salad.

90

CAULIFLOWER SOUP WITH PORK CHIPOLATAS (p. 131)

A perfect all-in-one dish for colder evenings.

Serves 4

- **30 ml butter**
- **30 g chives, chopped**
- **2 garlic cloves, chopped**
- **300 g cauliflower, roughly chopped**
- **500 ml milk**
- **salt and freshly ground black pepper to taste**
- **30 ml olive oil**
- **24 pork chipolatas**

In a medium pot, melt butter over low heat. Add chives and garlic and fry slowly for about 5 minutes. Add cauliflower and fry for another 5 minutes. Increase the heat and add milk. Allow to simmer for 10 minutes or until cauliflower is cooked and mushy. Using a food processor (or stick blender), purée mixture until smooth. Season well with salt and pepper. Heat olive oil in a skillet and fry chipolatas until golden brown and cooked, about 5 minutes. Ladle soup into serving bowls and top with chipolatas.

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CHILLI CON CARNE WITH PORK MINCE

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SPANISH PORK FILLET PASTA

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BRITISH PEA AND WALNUT PASTA

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GREEK PORK PASTA

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SMOKED PORK AND PEA SOUP

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ITALIAN CAPRESE PASTA

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91

CHILLI CON CARNE WITH PORK MINCE (p. 134)

The cheapest midweek meal for feeding many hungry mouths. If you like beans, this one is a must! Serve with warm tortillas.

Serves 4

- **>> 45 ml olive oil**
- **>> 1 onion, finely chopped**
- **>> 2 garlic cloves, finely chopped**
- **>> 500 g pork mince**
- **>> 400 g tin cherry tomatoes**
- **>> 200 g tin tomato paste**
- **>> 2 fresh red chillies, finely chopped**
- **>> 5 ml dried mixed herbs**
- **>> salt and freshly ground black pepper**
- **>> 2 x 420 g tins red beans, drained**
- **>> 250 g tub cream cheese, to serve**

Heat olive oil in a medium pot. Add onion, garlic and mince and stir fry for 5-8 minutes or until mince has browned. Add tomatoes, tomato paste, chillies and herbs. Stir and allow to simmer for about 10 minutes until thickened. Season well with salt and pepper. Stir beans in and bring to the boil once more. Serve hot with spoonfuls of cream cheese.

TIP Use this meat sauce to make delicious nachos: Spread out a 250 g bag of nachos in an ovenproof dish and spoon meat sauce over. Top with 200 g grated Cheddar and grill in the oven until golden brown. Serve with cream cheese.

92

SPANISH PORK FILLET PASTA (p. 135)

I use Spanish smoked paprika to infuse food with flavour. Go on, add an extra dash for even more colour and aroma ...

Serves 4

- **>> 30 ml olive oil**
- **>> 1 onion, finely chopped**
- **>> 2 garlic cloves, finely chopped**
- **>> 2 pork fillets, cubed**
- **>> 30 ml smoked paprika**
- **>> 2 x 410 g tins chopped tomatoes**
- **>> 125 ml red wine**
- **>> 250 ml cream**
- **>> salt and freshly ground black pepper**
- **>> 400 g penne**
- **>> grated Parmesan, to serve**

Heat olive oil in a large pot. Add onion and garlic and stir fry for a few minutes or until mixture starts to brown. Add fillet cubes and paprika and fry for another 2-3 minutes or until meat is nearly done. Add tomatoes, wine and cream. Season well with salt and pepper. Lower heat and allow to simmer for 15-20 minutes or until an aromatic sauce forms. Meanwhile, cook pasta according to packaging instructions. Drain. Add pasta to sauce and stir. Spoon onto a serving platter and sprinkle Parmesan over. Serve.

93

BRITISH PEA AND WALNUT PASTA (p. 136)

It is not always necessary to add meat to your pasta – with this scrumptious sauce your guests won't even be thinking about meat.

Serves 4

- **>> 30 ml olive oil**
- **>> 1 onion, finely chopped**
- **>> 2 garlic cloves, finely chopped**
- **>> 140 g tub basil pesto**
- **>> 150 ml vegetable stock**
- **>> 500 g bag frozen peas**
- **>> 100 g walnuts, roughly chopped**
- **>> salt and freshly ground black pepper**
- **>> 400 g penne**
- **>> 50 g Parmesan, finely grated**

Heat oil in a large pot. Add onion and garlic and stir fry for a few seconds. Add pesto and stock and stir. Add peas and walnuts and lower the heat. Allow to simmer for 5-8 minutes or until a sauce forms. Season well with salt and pepper. Meanwhile, cook pasta according to packaging instructions and drain. Add pasta to sauce and stir through. Spoon onto a serving platter and sprinkle Parmesan over. Serve.

94

GREEK PORK PASTA (p. 136)

A different take on mincemeat.

Serves 4

- **30 ml olive oil**
- **1 onion, finely chopped**
- **2 garlic cloves, finely chopped**
- **2 sprigs of origanum, finely chopped**
- **500 g pork mince**
- **50 g sachet tomato paste**
- **400 g tin tomato purée**
- **salt and freshly ground black pepper**
- **400 g farfalle**
- **200 g pitted green olives**
- **4 feta rounds, crumbled**

Heat olive oil in a large pot. Add onion, garlic and origanum and fry until onion becomes translucent, about 2-3 minutes. Add mince and increase heat. Stir fry until meat granules are separated and start to brown. Add tomato paste and fry for another 2 minutes. Add tomato purée and stir. Lower the heat and allow to simmer for 10-15 minutes or until an aromatic sauce forms. Season well with salt and pepper. Meanwhile, cook pasta according to packaging instructions and drain. Add the meat sauce and stir. Spoon onto a serving platter and sprinkle olives and feta over. Serve.

95

SMOKED PORK AND PEA SOUP (p. 137)

There are many ways to make soup, and some take a lot of time. I use frozen peas as shortcut in this winning recipe.

Serves 4

- **30 ml olive oil**
- **1 onion, finely chopped**
- **2 garlic cloves, finely chopped**
- **6 smoked pork rashers, diced**
- **500 g bag frozen peas**
- **750 ml chicken stock**
- **250 ml cream**
- **1 handful fresh Italian parsley**
- **salt and freshly ground black pepper**
- **bread of your choice, to serve**

Heat olive oil in a medium pot. Add onion, garlic and diced pork and stir fry for 3-5 minutes or until mixture starts to brown. Add peas and stock and bring to the boil. Allow to simmer for 10 minutes or until peas are tender and stock has reduced by about a third. Add cream and parsley and season well with salt and pepper. Allow to simmer for 5 minutes. Use a stick blender to purée mixture until smooth. Serve with bread.

96

ITALIAN CAPRESE PASTA (p. 137)

I love raw tomatoes with salt and pepper. This recipe captures and celebrates the simplicity of tomatoes. Enjoy it hot or cold.

Serves 4

- **60 ml olive oil**
- **2 garlic cloves, finely chopped**
- **500 g punnet cherry tomatoes, halved**
- **1 handful of fresh basil leaves, roughly chopped**
- **salt and freshly ground black pepper**
- **400 g packet spaghetti**
- **300 g soft mozzarella**
- **120 g tub basil pesto**

Heat olive oil and garlic in a medium pot. Add tomatoes. Fry tomatoes in oil until all the juice is released, about 5-8 minutes. Add basil and stir. Use a potato masher to mash tomatoes. Season sauce well with salt and pepper. Set aside. Meanwhile, cook pasta according to packaging instructions and drain. Add pasta to sauce and stir. Spoon onto on a serving platter. Tear mozzarella into smaller pieces and sprinkle over pasta. Spoon pesto over and serve.

97

CARAMELISED PORK RIB WITH HONEYED SWEET POTATOES

p. 144

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MEXICAN PORK MINCE PASTA

p. 144

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ORIENTAL CHICKEN MEATBALL PASTA

p. 145

THREE CHEESE OMELETTE

p. 145

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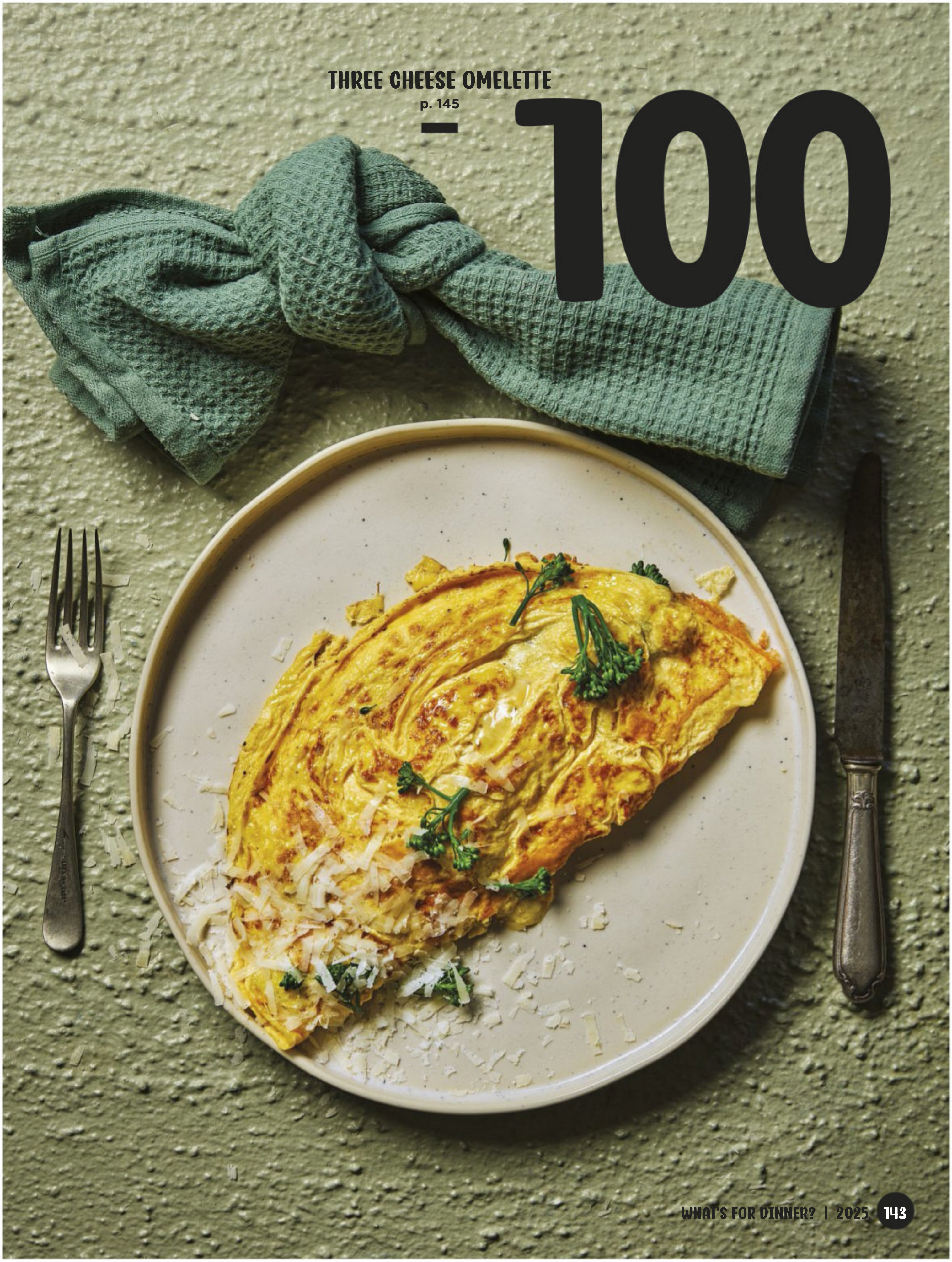

97

CARAMELISED PORK RIB WITH HONEYED SWEET POTATOES (p. 140)

Simplicity at its best – and yet the flavours are so complex.

Serves 4

- **30 ml butter, melted**
- **30 ml honey**
- **10 ml ground cinnamon**
- **15 ml chopped fresh thyme**
- **4 sweet potatoes, halved**
- **1 large rack of pork ribs**
- **salt and freshly ground black pepper**

MARINADE

- **200 ml sweet soy sauce**
- **30 ml white spirit vinegar**
- **80 ml olive oil**
- **1 fresh green chilli, finely chopped**
- **15 ml grated fresh ginger**
- **1 garlic clove, chopped**

Preheat oven to 220 °C. Combine butter, honey, cinnamon and thyme. Place sweet potatoes in an ovenproof dish and pour butter mixture over. Roast in the oven for 20 minutes or until tender. Combine marinade ingredients. Season rack of ribs with salt and pepper and dip it in the marinade. Heat a skillet and fry ribs until golden brown and cooked – about 10-15 minutes. Cut rack into portions, serve with sweet potatoes and enjoy with ice-cold beer.

98

MEXICAN PORK MINCE PASTA (p. 141)

A bolognaise version that is easy to make, affordable and packed with flavour.

Serves 4

- **30 ml olive oil**
- **1 onion, finely chopped**
- **3 garlic cloves, finely chopped**
- **3 fresh chillies, finely chopped**
- **10 ml ground cinnamon**
- **500 g pork mince**
- **400 g tin cherry tomatoes**
- **400 g tin red beans, drained**
- **salt and freshly ground black pepper**
- **400 g pasta of your choice**
- **2 avocados, peeled, pitted and lightly mashed**
- **225 g tub cream cheese**

Heat olive oil in a large pot and add onion, garlic, chillies and cinnamon. Stir fry for a few seconds or until the onion starts to brown. Add mince and stir fry until granules become separated, about 8-10 minutes. Add tomatoes and beans and stir. Season well with salt and pepper. Lower heat and let it simmer for 15-20 minutes or until an aromatic meat sauce forms. Meanwhile, cook pasta according to packaging instructions and drain. Add pasta to meat sauce and stir. Serve with avocado and cream cheese.

99

ORIENTAL CHICKEN MEATBALL PASTA (p. 142)

This dish is light and simple but doesn't skimp on flavour. You can substitute lamb or beef for the chicken.

Serves 4

MEATBALLS

- **500 g chicken mince**
- **1 onion, very finely chopped**
- **2 garlic cloves, finely chopped**
- **1 cm piece of fresh ginger, finely grated**
- **1 red chilli, finely chopped, plus extra for serving**
- **salt and freshly ground black pepper**
- **45 ml olive oil for frying**
- **400 g fusilli**

GLAZE

- **125 ml pure orange juice**
- **60 ml honey**
- **60 ml sweet soy sauce**
- **15 ml finely grated fresh ginger**

Combine mince, onion, garlic, ginger and chilli. Season well with salt and pepper. Roll bite-sized balls from the mixture. Heat oil in a large skillet and fry meatballs for 3-5 minutes or until golden brown. Remove and set aside. **Glaze** Heat all ingredients for the glaze in the same skillet. Bring to the boil and allow to simmer for 5 minutes or until sauce has reduced by about a third. Add meatballs and allow to simmer for another 5 minutes or until a glossy glaze forms. Meanwhile, cook the pasta according to the packaging instructions. Drain pasta and add meatballs. Stir through and serve with extra chilli.

100

THREE CHEESE OMELETTE (p. 143)

Forget the notion that omelettes are only for breakfast. Serve it with a fresh salad or oven roasted veggies for a delicious lunch or dinner.

Serves 4

- **12 eggs**
- **200 ml milk**
- **salt and freshly ground black pepper**
- **olive oil for frying**
- **200 g bacon, finely chopped**
- **100 g Cheddar, grated**
- **3 feta rounds, crumbled**
- **50 g Gruyère, grated**
- **400 g long-stem broccoli, briefly blanched in boiling water**

Preheat oven to 180 °C. Beat eggs and milk together in a mixing bowl and season with salt and pepper. Heat a splash of olive oil in a non-stick frying pan. Pour a quarter of the egg mixture into the pan. Using a spatula, push the egg mixture to the centre of the pan – the raw mixture will fill the gap you have created. Sprinkle a quarter of the bacon over the egg mixture and then a quarter each of the Cheddar, feta and Gruyère. Place pan in the hot oven and bake omelette for 5 minutes or until cooked. Remove pan from oven and arrange a few stems of broccoli on one half of the omelette. Use a spatula to fold the other half of the omelette over the broccoli in a single movement. Repeat with remaining ingredients to make 3 more omelettes. Place folded omelettes on serving plates and serve. You can keep the omelettes warm under an overturned baking tray in the warming drawer of your oven, but they are at their best when served immediately.

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SCAN FOR RECIPE

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Mzansi pork chops with sweet potato roosterkoek

Succulent and tender, thick pork chops, marinated and braaied to perfection. Surprise and stun your guests by serving these chops with hot-off-the-coals sweet potato roosterkoek buns.

PREP TIME **10 MINUTES** COOKING TIME **15 MINUTES**

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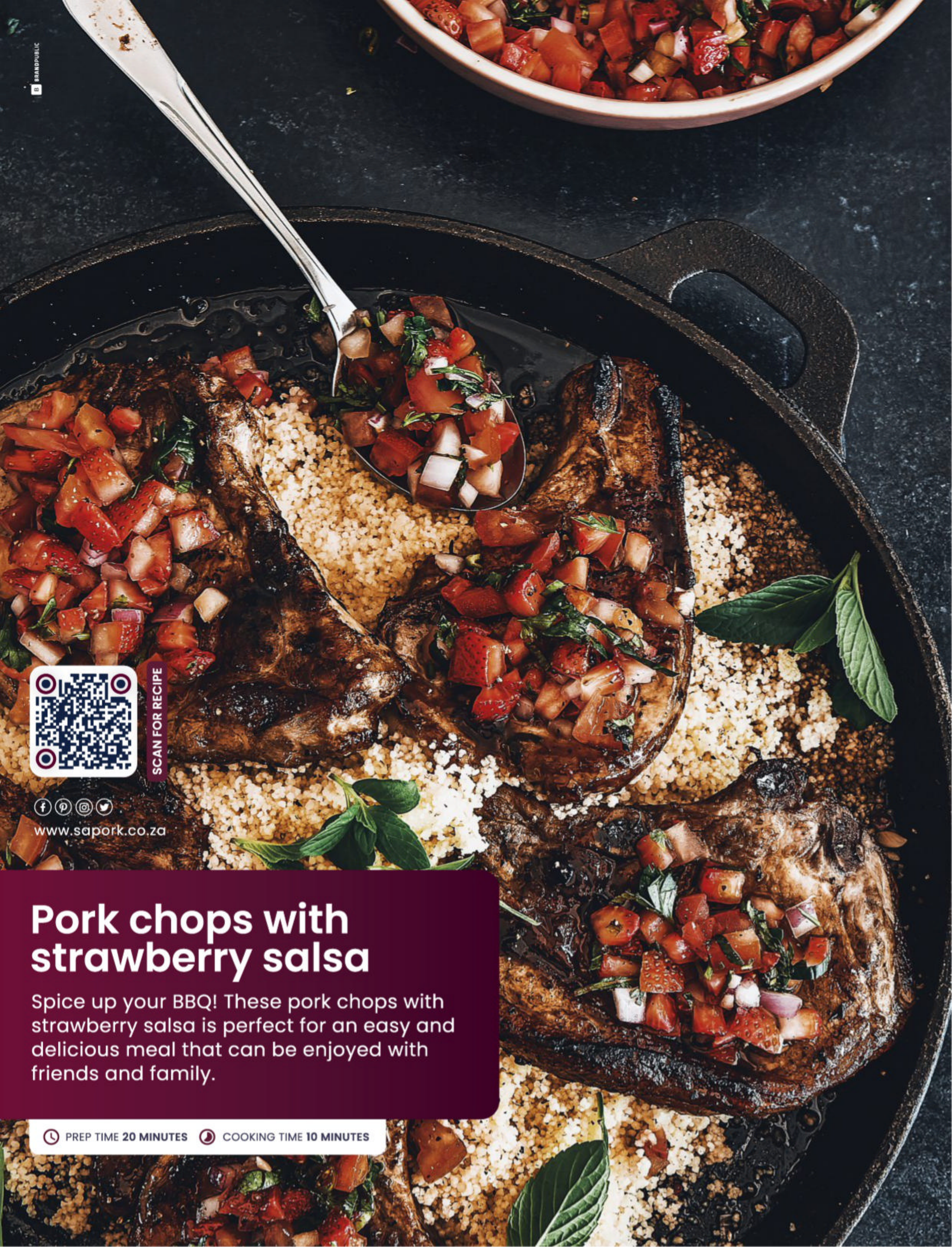

SCAN FOR RECIPE

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Pork chops with strawberry salsa

Spice up your BBQ! These pork chops with strawberry salsa is perfect for an easy and delicious meal that can be enjoyed with friends and family.

PREP TIME **20 MINUTES** COOKING TIME **10 MINUTES**